PARANORMAL UNDERGROUND®

Volume 12, Issue 4 April 2019

PAUL TAITT
Documents the Shadow People Phenomena

THE MICHELIN MAN VISITATIONS

THE SUMMER OF HELL: A True Story

MILITARY ADVENTURES IN HAUNTED EUROPE

Phone Calls From THE FUTURE?

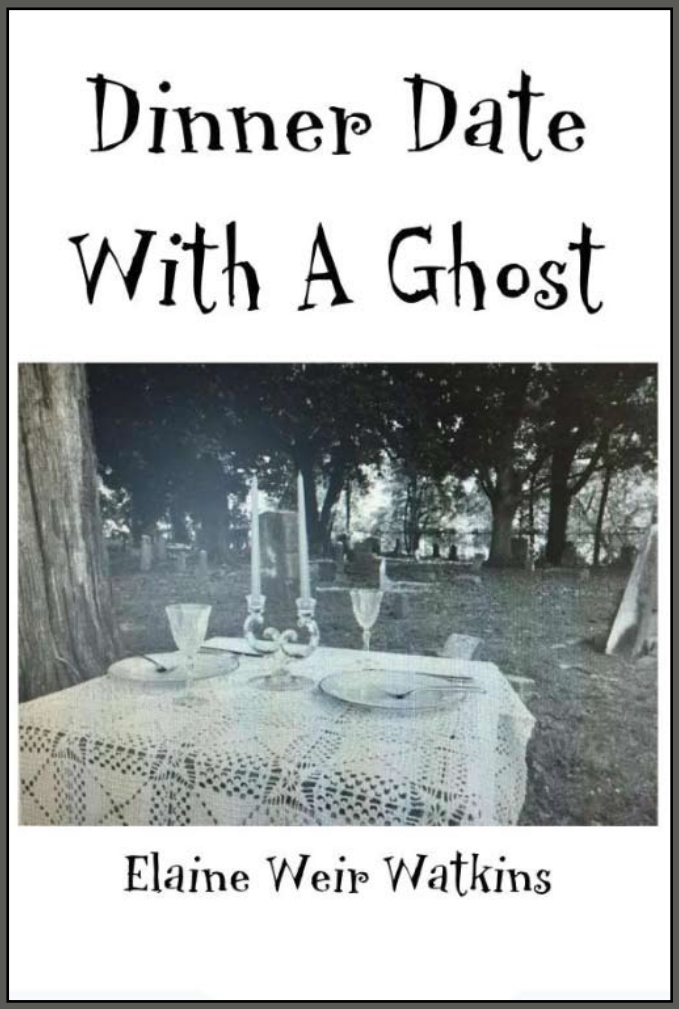
5 Ways to Keep Your *'MAGICAL SELF' TOGETHER*

ALSO INSIDE:

TRIP Paranormal: Inside the Museum of Shadows

A Michigan Ghost Town Cursed by a Witch

6 Infamous Paranormal Cases Investigated by the Warrens



IN HER NEW BOOK, "DINNER WITH A GHOST," ELAINE WEIR WATKINS COMBINES TRUE GHOST STORIES FROM COVINGTON, TENNESSEE, ALONG WITH GOOD SOUTHERN RECIPES!

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Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics and a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and a Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

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Willie has appeared on A&E's *Cursed: The Bell Witch* and CMTs *Most Shocking Ghosts*. He also hosted his own public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he has his own group of sensitives, called Soul Warriors, who are based across the U.S.

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Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine and producer of *Paranormal Underground Radio*. She has more than 25 years of experience as a professional writer and editor and has published hundreds of articles on topics ranging from advanced technology to paranormal investigation.

Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications.

https://paranormalunderground.net/

MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.

ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of SageGoddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience spans more than 30 years and includes expertise in gemology, astrology, tarot, aromatherapy, reiki, and herbal medicine.

Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance. Her guiding philosophy is that those who develop and maintain a consistent and sustainable spiritual practice — one that aligns with their own cultural values and spiritual beliefs — will enjoy a longer, healthier, and happier life.

https://www.sagegoddess.com/

MICHELLE M. PILLOW

Michelle is a *New York Times* and *USA Today* bestselling author writing in many fiction genres, including the Dragon-Shifter series *Dragon Lords* and *Captured by a Dragon-Shifter* and the mischievously magical *Warlocks MacGregor*. A skeptical believer, she has a fascination with anything paranormal.

Michelle loves to travel and try new things, whether it's a paranormal investigation of an old Vaudeville theater or climbing Mayan temples in Belize. She has a BGS in

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Paul has been a paranormal investigator since 2004 and has more than 750 investigations under his belt. He investigates all things paranormal, including Mothman, chupacabra, UFOs, crop circles, ghosts, poltergeists, demons, and more.

Paul also had an extensive military career with the U.S. Army's Drug Suppression Team Criminal Investigation Division in Germany, as well as working in the Army's Military Intelligence. He was also once a professional dance instructor for Arthur Murray.

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Anna Maria Elisa Manalo, writing under the name of Adele Casales Rocha, has traveled extensively to more than 26 countries and has compiled accounts of terrifying and uncanny experiences in both her native country of the Philippines and abroad. She is also a trained therapist and amateur travel photographer.

Adele starred as "Elisa Simon" in episode two of the pilot *UFOs Over Earth* while she was a field investigator for MUFON. Her personal experiences with the bizarre has led to a lifetime quest investigating sightings and paranormal events through eyewitness reports.

https://www.amazon.com/Portal-Lifetime-Paranormal-Experiences/dp/1791526020

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Nina lives in Connecticut with her husband, Dan, and two children, John and Emily. She is a parent volunteer for her daughter's Girl Scouts troop. In her free time, she enjoys going to paranormal lectures, writing, and traveling with her family.

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Maria Anna is an investigative journalist, columnist, author, radio correspondent, and theoretical physicist with a master's degree in ancient alchemy and bachelor's degree in metaphysics. Her interests include mythology, medieval and pre-Egyptian symbolism, and quantum, optical, particle, and astroparticle physics, among others.

As the founder and owner of *The Next Truth Magazine*, Maria Anna profiles open-minded scientists and non-scientists who combine accepted science and the still-unexplained events in life within their work and research.

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Abbey is a freelance culture writer who is currently an editorial intern for The Hollywood Reporter. She has written for Food & Wine, The Mary Sue, The Lineup, and Paste Magazine, among other media. She earned bachelor's degrees from Bennington College and Cleveland State University.

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A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

https://paranormalunderground.net/ ◆

Have You Had a Paranormal Encounter You'd Like to Share With Paranormal Underground?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.

We are looking for personal encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, etc.

Your submission can be anonymous if you prefer. It's totally up to you!

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A Tribute to Lorraine Warren: Examining Haunted Objects

In honor of the late Lorraine Warren, who recently passed away at age 92, I wanted to talk a little about cursed and haunted objects. These types of objects were of particular interest to the Warrens.

Of course Ed and Lorraine Warren are best known for investigating some of the most famous hauntings in our country's history, including the Perron Family Haunting, the Amityville Case, and the Annabelle the Doll Case, among many others. But, did you know that the Warrens were known for another hobby, collecting cursed and haunted objects?

Chad Wilson, Publisher

One of the most famous of cursed objects held in the Warren's museum of haunted objects is Annabelle the doll, one of those large Raggedy Ann dolls popular with children during the 1970s and '80s. To look at one of these dolls, the last thing you would think of is pure evil. But that is exactly what Annabelle's owner claimed, as the doll terrorized her and her friends. Thankfully for them, the Warrens were willing to take the doll off their hands and place it in their Occult Museum.

The Dibbuk Box is another reportedly haunted object, and one we've covered extensively in past issues of the magazine. One of the previous owners, Jason Haxton, went through virtual Hell while in possession of the haunted wine box, suffering health problems as a result of exposure to the box. The box is currently in the possession of Zak Bagans of *Ghost Adventures* fame and currently resides in Bagans' haunted museum in Las Vegas.

Robert the Doll is another cursed doll, reportedly possessed by a spirit that can cause mishaps to occur to anyone who disrespects him. This case leaves me with the question, what is it about dolls that spirits seem to like possessing them? Is it a doll's similarity to the human form? Or is it something else entirely?

The Busby Stoop Chair, which is found in the Thirsk Museum in North Yorkshire, England, was reportedly cursed by condemned murderer Thomas Busby. The chair's reputation of killing anyone who sits in is so immense that the Thirsk Museum staff hung it from the wall in an attempt to keep anyone from sitting in it and suffering a horrible fate.

The Curse of the Pharaohs is another famous curse, though this curse reportedly was placed on the mummies found in tombs throughout Egypt. While many associate the curse with King Tutankhamun, it actually extends to any ancient Egyptian mummy, pharaohs in particular. The initial sufferer of this curse was British archaeologist Howard Carter, who first opened King Tut's tomb in 1922. He died from blood poisoning less than a year later in 1923.

These are just a few of the allegedly cursed and haunted objects in the world. In fact, a whole subset of paranormal TV has grown up around the concept of haunted objects and has even seeped into popular culture, with haunted objects continuously up for bid on online auction Website eBay and others.

While the Warrens were not the first to collect cursed and haunted objects, I believe a lot of the current fascination with such objects can be attributed to their work in the field. ◆

May 3–4
Haunted Heights Paranormal Convention
Clive & Dot's Anchor Inn
Houghton Lake Heights, Michigan
www.facebook.com/events/2002110806769405

May 3–5
Virginia City ParaCon
Various locations
Virginia City, Nevada
www.vcparacon.com

May 4–5
ParaPsyCon
The Ohio State Reformatory
Mansfield, Ohio
gefeketik.wixsite.com/parapsycon

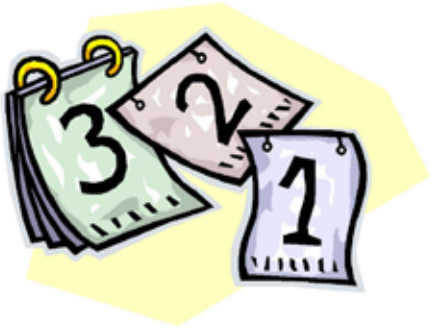
May 10–17
Wicked Waters Cruise
With Haunted Tour Excursion
Boston, Massachusetts (to Bermuda)
www.wickedwaterscruise.com

May 11
Midwest Parafest
The Toledo Yacht Club
Toledo, Ohio
www.erieshoresparanormal.com/?page_id=597

May 17–18
New Jersey Paraunity Expo
Woodbridge High School
Woodbridge, New Jersey
www.newjerseyparaunityexpo.com

May 31–June 2, 2019
PA Bigfoot Camping Adventure
Benners Meadow Run Cabins and Camping
Farmington, Pennsylvania
www.pabigfootcampingadventure.com

June 1
Fort Mifflin Paranormal Expo
Fort Mifflin
Philadelphia, Pennsylvania
www.fortmifflinparacon.com



June 6–9
The Afterlife Awareness Conference
The Radisson Hotel
Salt Lake City, Utah
www.afterlifeconference.com

June 21–22
Haunted America Conference
Best Western Premier Hotel
Alton, Illinois
www.ghostconference.net

July 19–21
Hawaii ParaCon
Paradise Park Manoa Studios
Honolulu, Hawaii
www.hawaiiparacon.com

August 22–24
Michigan Paranormal Convention
Kewadin Casino
Sault Ste. Marie, Michigan
www.saultstemarie.com/events-calendar/michigan-paranormal-convention

September 13–14
Prescott Paranormal Expo
Hassayampa Inn
Prescott, Arizona
www.ahauntingexperiencetours.com/prescott-paranormal-expo.html

October 5–6, 2019
Gift of Light Expo
Franklin County Fairgrounds
Columbus, Ohio
https://giftoflightexpo.com/

E-mail your paranormal event to editor@paranormalunderground.net. ◆

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(Photo by Lynda Hurd Goodman)

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A Miraculous Warning, Pets See Dead People, and the Witch in Costa Rica

By Morgan Lineberry

'Angel Man' to the Rescue

A man's life was potentially saved in Adana, Turkey by what some are deeming a guardian angel. Paranormalo of *Disclose TV* brings us a modern miracle story to prove that not all paranormal occurrences are negative. The man in the video posted along with the story said he heard a voice say, "Watch out." Then "he felt someone's hand on his shoulder."

The video accompanying the story clearly shows this moment and the one following. A stranger, whose face we cannot make out, walks purposefully up the man in danger and places a hand on his shoulder. This gets the man's attention, and he looks around at the exact moment that a "huge metal grate" almost knocks him out. The fact that it swings by in the moment right after the mystery man warns the man in danger cannot be a coincidence. It obviously would have hit him, and there is no telling the damage it could have done!

Whoever this mysterious figure is, he appeared just in time. And, even stranger ... he disappeared immediately after. The article refers to the rescuer as "the angel man." The man whose life was saved looked around after realizing what happened and saw no one. It was only after seeing surveillance video confirmation that he learned that the savior in question did exist. Who (or what he was) and where he came from or vanished to remain mysteries. Was he a time traveler, an angel, a spirit, or just a good citizen who stepped away before the man in danger could track him down? Sometimes miracles happen, and it is enough just to be grateful.

Proof That Pets See Spirits

Some of my favorite paranormal occurrences are those that can be backed by science, because then people have a more difficult time arguing with those of us who choose to have an open mind.

Disclose TV's article by Breitenberg offers substantial evidence that cats and dogs can see spirits thanks to "significant research into Ultraviolet (UV) light." The research has proven "that these animals can see a wide range of frequencies that are undetectable to the human eye," which means there is a good chance that they can see otherworldly presences.

According to the study conducted by the University College of London, animals can see chemicals such as "body heat and urine," but also "very weak and mid chemicals," which means they may be able to sense chemicals that we do not fully understand yet or that science is not even aware of yet.

How many times have we been fully convinced that our beloved pets sensed something invisible? I once had a cat who would randomly stare down the hallway for about 30 seconds before jumping up and bolting behind the couch. It was unnerving to say the least. Well, now that we have scientific evidence heading in the right direction, there is no telling what discoveries will come next.

As Breitenberg wrote, this gives hope that "with further studying and research, we will be able to understand how they can see things we can't." It will lead us to a better understanding of what our pets are staring at in dark corners of our house, as well as perhaps someday developing a way for humans to have similar abilities. With so many other species so far ahead of us in this, it is only a matter of time before we decide to catch up. (Those of us who aren't already blessed or cursed with the ability.) Maybe one day we will all be able to see ghosts.

A Witch Goes Off-Grid

Witch Sarah Wu lives off-the-grid in Costa Rica. (Photo by PA Real Life)

While you don't have to be a witch to feel constrained by civilization, a recent story by Tom Bell and Jane Lavender of *Mirror UK* is about just that. And it proves that sometimes in order to be yourself, you have to break away from what is considered the norm. According to Bell and Lavender, self-proclaimed witch Sarah Wu "has quit the 9 to 5 to live off grid in the middle of the rainforest in a handcrafted homemade of fallen trees."

Wu always felt a strong connection to nature even though she grew up in the big city of Rochester, New York. This connection to nature, as well as her interest in herbalism, led her to move to the rainforests of Costa Rica, where she planted her own crops, bathed in rainwater, and otherwise lived at one with nature in every imaginable way. Wu was unhappy with her life before she moved to Costa Rica. She lived in the city and worked at an organic food store. "I was always very mindful and aware of the sphere of nature and learned pretty early on that humans are not the most important things in the world," she said, as quoted in the story.

When most people hear the word *witch*, they automatically think something negative or images of Harry Potter come to mind. Wu is proving that this is not what being a witch means to her, nor to many others who identify as witches. Now, thanks to an untraditional decision, Wu is happy, living as a witch and experimenting with herbalism in her beautiful natural home.

Wu originally moved to Costa Rica with her now ex-husband, and although their relationship did not last, her love for Costa Rica did. She was determined to make this natural wonder her permanent home because it is where she felt free to be herself. She now teaches herbalism "in the remote area in Orotina, a small region in the west of Costa Rica."

In Memoriam — Lorraine Warren (1927–2019)

Legendary paranormal investigator and demonologist Lorraine Warren passed away April 18 at age 92. Warren and her late-husband, Ed, inspired *The Conjuring* horror movie series, as well as *The Nun*, *Annabelle*, and *The Amityville Horror* series.

Warren "died peacefully in her sleep at home," according to her son Tony Spera on Facebook. Spera also said, "She was a remarkable, loving, compassionate, and giving soul. To quote Will Rogers, she never met a person she didn't like. She was an avid animal lover and contributed to many animal charities and rescues. She was wonderful and giving to her entire family. May God bless her."

The Warrens worked on several high-profile paranormal cases, including the Perron family haunting, Amityville haunting, Annabelle the Doll case, the "haunting in Connecticut," and the Southend werewolf case, among others. ◆

SUPERNATURAL ASSAULT:

Documentary Features Real People, Real Stories, Real Terror

By Cheryl Knight

Paul Taitt has been researching the paranormal world since early childhood. His fascination with the unknown began in 1976 as a young boy, when he experienced strange and frightening events while living in his native country of England.

One such experience involved disturbing visitations from a looming shadow entity. Paul would often wake up to see the sinister figure standing right next to his bed staring down at him. These encounters led Paul to learn more about the spirit world, leading him on a lifetime journey of discovery in the paranormal world.

Paul's love of filmmaking and the paranormal merged when he and Andrew Barnes released the documentary film, *Your Worst Nightmare*, in 2007. The film focuses on sleep paralysis. Paul's latest film, *Supernatural Assault: Terror From the Shadows*, was released in 2018. The startling documentary explores the sinister agenda of the djinn and examines the link between this ancient supernatural race and the shadow people phenomena.

Paul recently spoke with Paranormal Underground magazine about his paranormal experiences, theories about paranormal phenomena, and his new documentary, *Supernatural Assault*.

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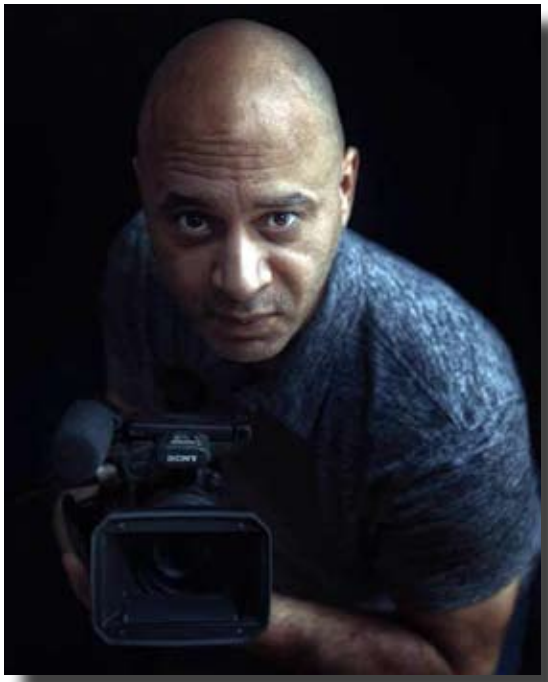


Filmmaker Paul Taitt has had several experiences with disturbing shadow people, including within his own home and in Chislehurst Caves in Southeast London. (Photo by Lynda Hurd Goodman)

Q: Tell us about yourself.

Paul: I spent most of my childhood living in Shepherds Bush, West London, and in my adult years moved to Middlesex, where I lived until 2006 when I left the UK and relocated to New England in the U.S.

I spent the best part of a decade producing corporate video for U.K.- and U.S.-based companies and have used the skills I acquired to produce my own documentary films that are now available on the Internet.

Q: When did you first experience paranormal phenomena?

Paul: The first few years of my life were spent in Fulham South West London where I lived in an old, spooky, rundown terraced house on Townmead Road. The house was situated adjacent to a large power station beside the River Thames. A few unusual events happened in that house that would send chills down your spine.

On occasion, we would hear plates rattling at night in the kitchen. This always terrified me, as I did not know anything about the paranormal and was sure there was some kind of unseen presence around us. However, this could have been due to the huge sewer rats that infested most of the properties along that road.

Another bizarre incident that

"Imagine a sinister, shadowy figure emerging from the darkest corner of your bedroom. Chills run down your spine as you find yourself paralyzed, unable to move or cry out for help," said Paul Taitt, describing the focus of his new documentary film, *Supernatural Assault: Terror From the Shadows.*

happened there almost took my life in 1974. I was playing outside on the street at age four. It was a hot summer day, and I heard someone call me from what seemed like the roof of one of the neighboring houses. I stood there and looked up to see who it was. It was at that moment a big, old roof tile slid off the roof directly above me and struck me right in the forehead where my hairline meets the top of my head. I was knocked clean out and ended up having a few stitches after the bizarre incident but luckily survived. I still have a faint scar to this day.

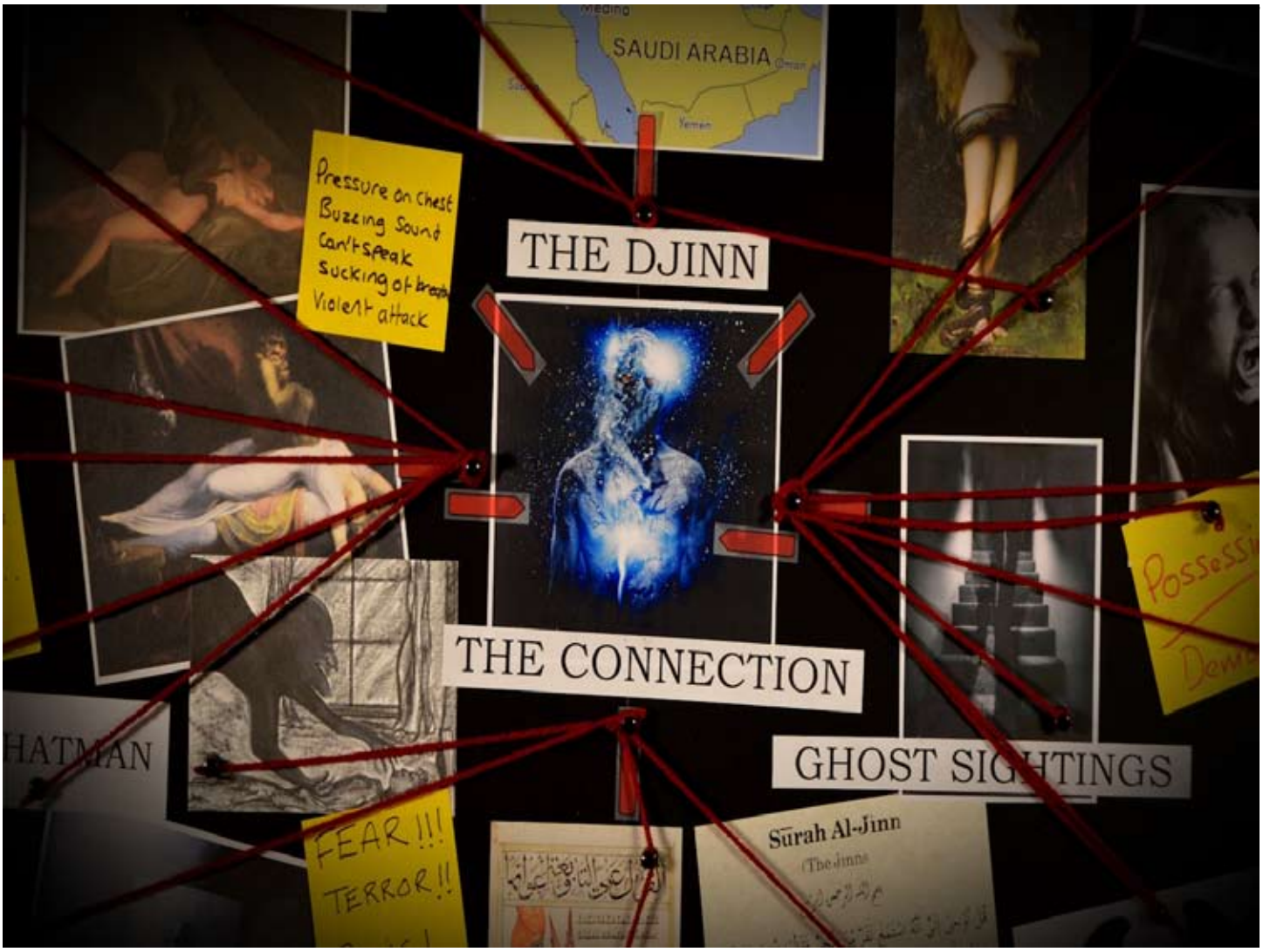
We left that house sometime thereafter and moved to a flat in Shepherds Bush, off of the Askew Road. It was there that the real terrifying experiences started happening.

It all started in 1975/76. I had my own room at the end of the flat about 12 feet down the corridor from my parents' bedroom. I would often wake up to see a sinister, shadowy form standing right next to my bed. It would be staring right down at me, motionless and totally silent. It's arms were in a downward position with hands joined, almost as if they were in the praying position. I used to freeze. I was too terrified to do anything but scream.

When my Mum heard me, she would come rushing in to see what was going on. This went on night after night until I ended up sleeping with my parents in their bedroom. I used to describe the entity as a tall, dark woman with an afro as the head looked round.

We left that flat and moved to another in the same area within a year. It wasn't until I reconnected with my cousin Leon in 2017, who is a year younger than me, that another piece of the puzzle clicked into place. Leon and his parents moved into that flat after us, and Leon had my old bedroom. He told me for the first time that he used to receive similar nocturnal visits, but he described it as a dark, shadowy man wearing a hat.

→



"There has been much speculation as to what or who shadow people are. Recent research points to the djinn, a race of spiritual beings who are well documented in Islamic culture and theology," said Paul Taitt, paranormal experiencer and documentary filmmaker.

Maybe in our own way we were describing the exact same entity. I guess we will never know.

Q: What other types of paranormal experiences have you had since then?

Paul: My next encounter happened in the late 1980s, when I had a bizarre supernatural encounter with a shadow being in the Chislehurst Caves, which are a 22-mile-long series of intersecting underground tunnels, in Southeast London.

It was an after-work ghost tour organized by some of my work colleges from Scotland Yard. I used to work on the 15th floor in the printing rooms and thought it would be a great, fun night out. I never expected the turn of events that night to unfold as they did.

Halfway through the tour, our large group ended up at an old well shaft that went up to the surface. I was standing at the back of the tour group; next to me stood a lady that I never knew, but I would later find out she was over in the U.K. from Germany. The tour guide was speaking and giving information on the old well and caves. It was at this point I felt the urge to turn around. I noticed a small, orange, glowing ember in the dimly-lit distance toward the back of that tunnel, which was a solid dead end. I looked at it as it appeared to me to glow brighter with each passing second.

It was at that point two more identical embers appeared and whose points formed a triangular formation. I tapped the German lady on the shoulder and said, "Look at that." We both stared at the triangular formation. It was then that they started to rotate counterclockwise. We both looked on not knowing what was about to happen next. I guess we were both puzzled and thought it might be a light system that had something to do with the caves.

Then the orange embers suddenly stopped. The triangular formation then opened up as one went to the top of the cave and the remaining two went level just above the ground.

We both stood there holding our lanterns, when a small, jet-black, shadowy silhouette jumped right out of the center of the formation and landed feet first on the floor of the cave. We looked on in astonishment as we had no idea what it was. The shadow, in a crouching position, was looking around its environment as if it were exploring and did not seem to notice us. But we could see it clearly.

It was at this point the German lady let out a blood-curdling scream, which caused the dark entity to snap its head sharply in our direction. It glanced at us for a faction of a second and then ran to its left straight through the cave's chalk wall. To it, the solid cave wall was no obstacle.

> "A small, jet-black, shadowy silhouette jumped right out of the center of the formation and landed feet first on the floor of the cave."

The rest of the group came running over, and I made my way down to where the shadowy being appeared. But I could find nothing to explain the events that we both just experienced. It was this joint experience that sparked my interest in the subject of shadow people, a term that was not used then, but a term I discovered some years later.

Q: When and how did you get involved in making documentary films?

Paul: After a battle with cancer in my late-20s I decided to do something constructive with my new lease on life. I was in a dead-end job, my first child was a year old, I had no drive or direction, and I swore to myself if I survived I was going to do something to empower myself and change my life and the lives of my family.

It was 1999, and the Internet was just starting to take off in a big way. It was during my year off work that I decided to learn about computers, Web design, and Photoshop. I ended up adding videography production and editing to my list of new skills. I am totally self-taught and worked hard through many books and courses to get up to speed and managed to successfully launch myself into a new career.

A good friend of mine worked in the sales and marketing department for a large U.S./U.K. company, and that was my in. So I embarked over the next decade on a career making corporate videos and films for various companies, and one thing led to another. In 2006, I relocated to New England. Shortly after arriving in the U.S., I had the opportunity to serve as part of a paranormal investigation team, where I acted as an investigator and videographer. During this time, I visited many haunted locations and bore witness to some very disturbing and interesting phenomena.

My love of filmmaking and the paranormal finally merged, when in 2007, myself along with a new friend Andrew Barnes released our first documentary film, *Your Worst Nightmare*, which focuses on the frightening subject of sleep paralysis, which was another experience I had myself.

Q: Tell us about your documentary *Supernatural Assault: Terror From the Shadows*.

Paul: Imagine a sinister, shadowy figure emerging from the darkest corner of your bedroom. Chills run down your spine as you find yourself paralyzed, unable to move or cry out for help. These terrifying encounters happen every single night around the world, and many of them are coupled with reports of physical assaults and sexual attacks. Throughout history, a number of religions, legends, and belief systems describe encounters involving a moving, shadowy form. This phenomena is commonly known as "shadow people."

There has been much speculation as to what or who shadow people are. Recent research points to the djinn, a race of spiritual beings who are well documented in Islamic culture and theology. With terrifying witness testimonies, expert opinions, and dramatic reenactments, my documentary *Supernatural Assault* explores the sinister agenda of the djinn and examines the link between this ancient supernatural race and the shadow people phenomena.

Supernatural Assault the documentary was not originally planned. It was derived from my first 2007 documentary *Your Worst Nightmare*. After conducting a large number of interviews, we found a consistent experience being reported by our interviewees, who were describing encounters with shadowy entities during their bouts of sleep paralysis.

In fact, there were so many corroborating stories that I decided to collate them for use in another documentary, which would go on to become *Supernatural Assault*. In addition, some of my interviews were featured in the 2014 theatrical movie titled *Shadow People*, which I also appear in as a researcher.

Q: There are a lot of theories out there about shadow people. Which theory stands out to you as being most plausible?

Paul: There has been much speculation as to what shadow people are. Some believe them to be extraterrestrial in

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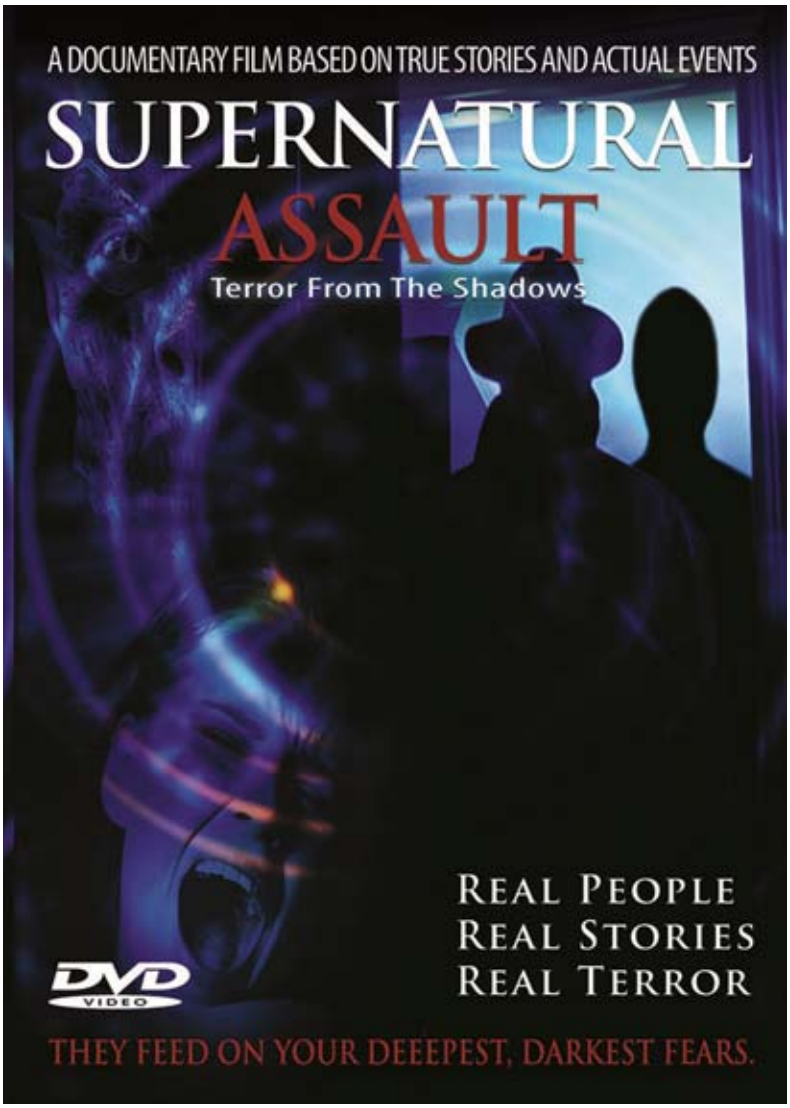

The startling documentary film *Supernatural Assault: Terror From the Shadows* (2018) explores the sinister agenda of the djinn and examines the link between this ancient supernatural race and the shadow people phenomena.

origin or demonic entities. While others claim that they are nothing more than spirits or ghosts of long-dead ancestors.

Scientifically, we have no proof that these entities exist, nor do we have proof that they do not exist. One thing we are sure of is that these types of entities and encounters have been prevalent and reported for centuries across cultures, and the descriptions of the types of entities encountered remains consistent. There are many bizarre and unusual anomalies in our universe that we cannot explain, but we must discuss them if we are to uncover the truth behind these types of experiences that are reported worldwide each and every day.

At this point in our history, science can only measure 5% of all that exists in the known universe; the other 95% that they cannot measure they simply term collectively as "dark matter." If everything we can perceive today can exist in the 5% science can measure, could it be possible that other forms of life, either biological or energy based, could exist in the 95% of matter that we cannot measure? We do not know for sure, but in my personal opinion it could be very possible that other forms of life could be present all around us, maybe in an alternate dimension or existing on another frequency range just beyond the perception of our five-sense reality.

Humans can only observe a small fraction of the electromagnetic spectrum, which is a collective term referring to the entire range and scope of frequencies of electromagnetic radiation, such as short gamma and X-rays to long radio waves. Visible light is a particular range on this spectrum that lies toward the shorter end, with wavelengths from 400 to 700 nanometers. This small slither of the spectrum that we humans can perceive with our photoreceptors is minute given the vast scale that the spectrum covers. This would suggest that we are practically blind in the overall picture of the multi-dimensional universe we live in.

It is my belief (based on what I have experienced) that shadow people are an intelligent, free-thinking form of life that exist on an alternate frequency and who are able to coexist with us momentarily in our reality. If they do in fact exist, as many believe, on a frequency range that we cannot visually perceive and appear in front of us, they would not be invisible. What would happen is that they would block the light waves we can perceive and reflect toward light waves that our photoreceptors cannot perceive. This could provide an explanation for their shadowy appearance.

I do not believe for one minute that they are all malevolent; as with humans, there is good and bad in everyone. But they are real, and we need to take steps as other cultures do to provide room in our society for people to discuss their experiences openly without fear of ridicule. The ridicule will only perpetuate suppression of the truth, and we will never discover the truth behind this phenomena.

Q: Tell us about the tragic story of Dawn Howley, who you interviewed for the documentary.

Paul: During a round of interviews we conducted for *Supernatural Assault*, we interviewed Dawn Howley, who was native to the State of Maine. Dawn's own experience started with the appearance on her property of a shadowy, humanoid figure that she witnessed while taking her dog out one night behind her property.

Through her own testimony, she told us that she was terrified and had multiple encounters with the shadows, until one day it turned violent. She was distressed and crying as she recounted her experience and stated that she felt evil in her house.

I asked her why she was getting so upset over this, and she then told us on camera of an incident where one night she dozed off in her living room while watching TV. She was abruptly woken up by one of these entities grabbing her arm hard and attempting to pull her over the back of the chair. She managed to free her arm but stayed up all night, as she was too terrified to sleep.

She then went on to express to us that she believed they were trying to kill her, and she was convinced they would. A while after the interview, we received a call to inform us that Dawn was in fact found dead in her home on or around her 54th birthday. The only information we have on her death is that it was put down to natural causes.

We dedicated the documentary to Dawn's memory, and during the premier showing we had a moment of silence and lit a candle in her honor. She was a wonderful, warm person who went tragically too soon.

"At this point in our history, science can only measure 5% of all that exists in the known universe; the other 95% that they cannot measure they simply term collectively as 'dark matter,'" said Paul Taitt.

Q: What is most important for our readers to know about *Supernatural Assault*?

Paul: *Supernatural Assault* is a term used to describe an attack or assault by a non-material entity. What everyone should know is that these types of experiences are very common and happen to millions of people worldwide. One in five people will experience sleep paralysis, which is a normal human experience, and a large percentage of those people go on to experience encounters with a strange otherworldly entity. Some may just hear them, some may just sense them, but a large number of people will go on to experience their worst nightmares at the hands of these dark predators.

It is important to know you are not alone if this happens. There are many people out there online who share their experiences openly and who offer help. Some religions (such as Islam) have ceremonies and ways to combat these types of unwanted experiences. The main thing is do not suffer in silence, as this can lead to anxiety, depression, and sleep deprivation. There is always someone who will listen and who can help by talking you through this. Just knowing you are not alone and that someone will believe you can help alleviate the stress associated with this experience.

Q: What projects do you have planned for the future?

Paul: My next project will be a re-release of my 2007 documentary film *Your Worst Nightmare*. This documentary was featured on an American talk show, called *The Rachael Ray Show* and was also featured in the 2013 American supernatural thriller titled *Shadow People*, which was a film that I also contributed to and made an appearance in.

Your Worst Nightmare explores a common experience that is almost never spoken of — sleep paralysis and supernatural assault. Victims wake to find they are fully alert yet unable to move or speak. Many experience frightening visions of lower astral being, entities, ghosts, demons, shadows, or an old woman known as "The Hag."

For others, there is simply the unmistakable presence of evil. In extreme cases, these potentially supernatural attacks can occur for decades. Overwhelmed, exhausted, and entirely alone, victims may lead shattered lives dominated by fear and social stigma, ridicule, or psychologizing.

Those who seek medical advice are often misdiagnosed and labeled psychotic or schizophrenic. *Your Worst Nightmare* explores the common yet greatly misunderstood phenomenon of sleep and the possibility of sleep paralysis. This groundbreaking documentary contains reenactments and interviews with actual victims, consults with experts, and offers advice on how to live with what might be your worst nightmare.

* * * * *

For more information about Paul Taitt and his films, visit www.darkelementfilms.com/, https://twitter.com/DarkElementFilm, and www.facebook.com/darkelementfilms. ◆

TRIP Paranormal: Inside the Museum of Shadows

By Cheryl Knight

Nate Raterman founded Tri-City Research & Investigation of the Paranormal (TRIP), based near Omaha, Nebraska, in 2006 to investigate homes, businesses, and other locations where paranormal activity occurs. Nate and his wife, Kaleigh, have traveled the world investigating haunted sites, including "Dracula's Castle," Alcatraz Island, and Doll Island.

Nate founded TRIP in 2006 after experiencing his first paranormal encounter. "I knew there was more I could do to help others who were experiencing the same encounters I had," he said.

Kaleigh has been interested in the paranormal and the other side since childhood. "I have been sensitive to spirits and animal spirit connections from the time I was around 6 years old," she said.

Nate and Kaleigh are also curators of the Museum of Shadows, opened in 2016 and currently located in Plattsmouth, Nebraska. The museum features more than 3,500 haunted artifacts and has been voted the most haunted location in Nebraska, the most haunted museum in the Midwest, and the most haunted location in the world. It also boasts claim to housing the largest collection of verified haunted artifacts, most of which were donated from individuals located around the world.

It seems that some of the artifacts inside the Museum don't like to "stay quiet." A toy monkey clanks his cymbals with no battery power. An antique, porcelain doll named Ayda has been captured on camera moving on her own. Other reportedly haunted items displayed at the museum include a launch ticket from the Titanic, two axes involved in a murder, and Ouija boards. But don't worry! Any item with demonic or lower-realm energy is contained in the Next Realm room, which is blessed twice daily by a priest and a pastor.

Nate recently spoke with *Paranormal Underground*

Nate Raterman, founder of TRIP Paranormal and owner of the Museum of Shadows, collects haunted items from around the world. The Museum currently holds more than 3,500 reportedly haunted objects.

The Museum of Shadows, which opened in 2016 and is currently located in Plattsmouth, Nebraska, features haunted dolls and thousands of other creepy objects.

about TRIP's investigations and evidence. He also takes us inside the Museum of Shadows for a peek at the history it holds.

* * * * *

Q: Tell us about yourself.

Nate: I had my first encounter with the paranormal in 2006. Not only did I have my first encounter, but I purchased a home located in Western Nebraska and found that this location was a paranormal hotspot. A few months after moving in, I began to see a strange shadowy, mist-like figure along with other strange activity!

There were doors opening and closing on their own, disembodied footsteps and voices, appliances and power tools turning on by themselves, and even a full-figure apparition of a man in his mid-70s. Upon research, I found the past owner did pass away in the home — a man in his mid 70s.

The local city was keeping the deed and records to my home private. There was a gap in the past owners history, as well as many gaps in the police records. When speaking to the city, I was told to leave it alone. It is safe to say whatever happened in that home wasn't good.

In 2006, I started receiving donated items from around the world that reportedly have paranormal activity or some spiritual attachment to them. My wife and I continue to receive items daily. Years later, I moved to Omaha, Nebraska.

I am now the curator and owner of the Museum of Shadows, now voted the most haunted museum in the world. The Museum of Shadows currently houses more than 3,500 verified haunted artifacts. One of the most intense being Ayda, who was voted the most haunted doll in the world in 2017!

Q: What most intrigues you about the paranormal?

Nate: I always want to research claims and know more about current findings. It's such a rush when you experience something that can't be explained or find a logical expiation for it.

Q: You also operate a paranormal team. What's your team's mission?

Nate: In 2006 after many personal experiences, I decided to form a team to help others and share my knowledge with everyone interested or experiencing paranormal activity. So TRIP was founded. Based near Omaha, Nebraska, our team seeks answers and looks for the truth behind various unexplained or paranormal phenomena.

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Kaleigh Raterman began to realize she was "different from other people" when she was 10 years old. This is when she began dreaming about future events that would occur.

We explore a variety of ideas and share, learn, and listen in a friendly setting. We do not claim to know everything about paranormal phenomena, but together we hope to learn more about this unseen dimension and help bring the field closer to understanding and proving/showing there is life after death. We are a group of professional researchers who are collecting the most authentic evidence possible of any paranormal activity that we may encounter.

The official goal of the group is to seek out and authenticate evidence of ghosts, as well as research ghost stories, UFOs, bigfoot, and more. We conduct investigations into paranormal activity all over the United States. Our quest is to research explainable events by collecting objective evidence using advanced scientific methodology, equipment, and investigative techniques. We go into an investigation with an open mind, but we never assume that an event is paranormal until all the evidence has been reviewed.

TRIP would like to raise the standards of paranormal investigations by not putting out evidence that is "questionable" and easily "debunked." We refuse to embellish our results to fit the expectations of others or grab the attention of the media. We have encountered groups out there who are known to do this, and it hurts the credibility of those of us who strive to present themselves to the public as true paranormal researchers.

Q: What types of locations have you investigated?

Nate: We travel the world and investigate many different locations, from private businesses and residential homes to well-known locations, such as Dracula's Castle, Alcatraz, Belvoir Winery, and thousands of other locations.

Q: What has been your most impressive evidence captured to date?

Nate: I would say poltergeist activity and a full-figure apparition captured inside the Museum of Shadows. That is amazing to experience.

Q: When and why did you and your wife, Kaleigh, open the Museum of Shadows?

Nate: After many years of receiving donated haunted artifacts from around the world, we wanted to put these artifacts on display and let everyone read the haunted claims and history behind the items. This also allows each person to experience the energy and anything paranormal firsthand.

Q: Where is the Museum located, and why did you choose that location?

Nate: The Museum of Shadows is located at 502 Main Street in Plattsmouth, Nebraska. We chose this location due to its chilling history. It was once a brothel and saloon from 1881–1908. Other occupants included a doctor's office, pharmacy, and cigar factory. There are 13 confirmed murders that did happen when the saloon and brothel was in operation.

Q: What types of items are on display in the Museum?

Nate: We house Ayda, the most haunted doll in the world. She has been seen on many TV networks. We also have a wide variety of items, such as human remains, embalming tables, medical instruments, Ouija boards, dolls, and weapons used in some chilling murders, just to name a few.

Q: What are some of the most haunted objects displayed in the Museum?

Nate: Ayda and Demus are our two most-haunted artifacts due to the amount of energy they carry. Both are

dolls. Their history includes Ayda reportedly paralyzing someone who provoked her. After the provocation, that person was in a bad accident and paralyzed. Demus was said to have killed a person who physically tossed her across the room.

Q: Visitors have reported witnessing paranormal phenomena at the Museum. What have they experienced?

Nate: Many visitors from around the world have experienced disembodied voices, artifacts being thrown, someone tugging on clothing, hair being pulled, and seeing full-figure apparitions.

> *Museum visitors have experienced disembodied voices and footsteps, artifacts being thrown, and seeing full-figure apparitions.*

Q: Why do you think certain objects are haunted?

Nate: All the artifacts have a past, whether it's a doll, a Ouija board, or a murder weapon, etc. The entity chose to attach itself for a specific reason. Maybe it was one of their favorite toys or something tragic happened.

Prior to coming inside the Museum, every artifact is run through our quarantine building to validate the history and make sure there is something attached to each item. If we don't find anything attached to the donation, we notify the donator and send the item back.

Q: What types of experiments have you done with the haunted objects in the Museum?

Nate: We use top-of-the line equipment and technology to investigate inside our museum, including using EMF devices, REM-Pods, SLS cameras, thermal imaging, and full spectrum, to name a few.

We put flour down on the floors to capture foot prints as well. We have more than 300 cameras throughout the museum that are being monitored day and night to document all paranormal activity.

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You can learn more about Nate and Kaleigh Raterman at www.tripparanormal.com, www.museumofshadows.com, www.nateraterman.com, and www.kaleighraterman.com. You can also visit the Museum of Shadows YouTube channel at www.youtube.com/channel/UCj_iFAwLqb-K2OkaWg1-naZg. ◆

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6 Infamous Paranormal Cases
Investigated by Ed and Lorraine Warren

By Abbey White, The Lineup

Demonologists, authors, lecturers, and occult museum owners Ed (1926–2006) and Lorraine Warren (1927–2019) were two of the world's most well-known paranormal investigators. Their casework, much of which was carried out through their New England Society for Psychic Research, involved everything from exorcisms alongside priests to séances and spirit cleansings to photographic documentation of supernatural events. Their work also brought them to people and places around the country, resulting in supernatural accounts so disturbing they've inspired numerous box-office adaptations.

The following are six Warren family cases that caught the country's attention.

The Warrens investigated the infamous Amityville haunting case in 1976. Lorraine Warren said the Amityville house was the one case that haunts her the most. (Photo by BrownieCharles99 via Wikimedia Commons)

1. The Perron Family Haunting

When Roger and Carolyn Perron moved their family, including their five young daughters, to their new 200-acre home in Harrisville, Rhode Island, they were unaware of its allegedly insidious former resident.

Originally built in 1736, the country home was once inhabited by Bathsheba Thayer and her four children, three of whom died young. Despite the era's high infant mortality rates, those deaths and the circumstances around them roused suspicion within the town, resulting in the ostracism of Thayer. Labeled a Satanist by her community members, she allegedly hanged herself in her backyard.

While the Perron family lived in the home, numerous pleasant ghostly interactions, like spirits playing with the children or helping to do chores, were reported. But so were darker interactions from ghosts like Thayer's, who took on a more menacing presence in the home.

Disembodied voices, furniture moving on its own, and full spectral appearances were among the many ghostly experiences shared by the Perron family. Matriarch Carolyn was allegedly one of Thayer's most consistent targets, supposedly jealous of the living woman's role as both mother and wife. The ghost reportedly pinched and slapped Carolyn quite a bit and even touched Roger inappropriately on several occasions.

The Warrens were brought in to help in 1974, but their presence reportedly aggravated the conditions, and Thayer's supposed ghost, so much that the family eventually asked them to leave. Horror icon James Wan used the Perron family's experience in his box-office hit *The Conjuring* in 2013.

Ed and Lorraine Warren were two of the world's most well-known paranormal investigators, having investigated more than 10,000 cases during their career, including the Amityville haunting, the Annabelle doll haunting, and many more.

2. The Amityville Case

Arguably the most famous of Ed and Lorraine Warren's paranormal investigations, this investigation has been adapted into a frightening and seemingly unending film franchise. This Warren case involved the Lutz family. The Lutzes took up residence in a suburban, Dutch Colonial house in Amityville, Long Island, in 1975.

Only a year before their move-in, the residence had been the site of a deadly mass murder when Ronald DeFeo, Jr. brutally killed six members of his family. For 28 days, the Lutzes and their three children lived in that very same house. While there, the family reported antagonistic voices, swarms of flies, welts, family members levitating, banging noises, and unseen entities.

> **Annabelle took particular aim at the fiancé of one roommate, who claims he woke up frozen in bed as the doll crawled up his body and strangled him.**

Ed and Lorraine Warren were eventually called in to cleanse the house — and brought a local TV crew with them. After snapping photos, including one featuring a boy with glowing eyes, the Warren's determined that the land had curses on it.

In a 2013 interview with Yahoo!, Lorraine Warren said the Amityville house was the one case that haunts her the most. "Amityville was horrible," she said during a press conference for *The Conjuring*. "It was absolutely horrible. It followed us right straight across the country. ... I will never go in the Amityville house ever again."

3. Annabelle the Doll

This investigation took the Warrens to a thing rather than a place. More specifically, a Raggedy Ann doll that was purchased in an antique store — a much less sinister imagining than her 2014 *Annabelle* film counterpart. Given to the buyer's daughter, the nursing student and her roommate quickly began to notice odd occurrences involving the doll, such as changing positions or rooms. That eventually escalated to messages on paper and blood on the doll's dress, and at one point violence.

Annabelle took particular aim at the fiancé of one roommate, who claims he woke up frozen in bed as the doll crawled up his body and strangled him. He also allegedly claimed that upon entering a darkened room where the doll rested, he felt something attack him. When he flipped the switch, he saw his stomach covered in bloody scratches and the doll on the floor.

The behavior freaked the roommates out so much that they called in a medium, who explained that she believed the doll was possessed by the spirit of a deceased seven-year-old girl named Annabelle Higgins. Higgins had supposedly died on the land where the apartment stood.

The Warren family also got involved, determining that a demonic presence was in fact behind the doll. They performed a blessing in the residence before taking

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The Annabelle the doll case led the Warrens to conclude that a demonic presence was behind the doll's disturbing behavior. They performed a blessing in the residence before taking Annabelle off the young women's hands.

Annabelle off the young women's hands. Annabelle has since become a permanent and prominent fixture in the Warrens' Occult Museum in Connecticut.

4. A Haunting in Connecticut

In 1986, Carmen and Al Snedeker rented a home in Southington, Connecticut, to be closer to the hospital where their son was receiving medical treatment. Unfortunately, the family had little knowledge about the residence's strange and gruesome past. The former funeral home came complete with the remnants of a mortuary in the basement and a graveyard outside.

Upon moving in, their eldest son began seeing terrifying visions of ghosts. The family would uncover the existence of toe tags in the house regularly. Lights often flickered, dishes would shake, the smell of decaying flesh hovered, and reportedly water would, on occasion, turn blood red. Carmen and Al even alleged that the demons had sodomized them during their two-year period there.

The Snedekers asked Ed and Lorraine Warren for help, and the investigators attributed the hauntings to the ghosts of those who were brought to the funeral home. According to the Warrens, the morticians partook in unsavory activities with the dead bodies. After a two-year stay, the Snedekers finally moved out. Like the Perrons' story, the Snedekers' haunting was immortalized in film.

5. The Southend Werewolf

Perhaps one of the more unusual cases from Ed and Lorraine Warrens' case list, this investigation took the Warrens out of the U.S. to a seaside town in Essex, England. There, a man by the name of Bill Ramsey was believed to be possessed by a demon that manifested as a wolf. Growing up, Ramsey was a normal, happy boy. One day, though, at the young age of nine, he suddenly began exhibiting inhuman qualities.

Reportedly, while playing outside in his backyard, Ramsey felt a frigid cold overtake him. And his nostrils were overcome with an awful stench before he flew into a rage, uprooting a fence post (fence still attached) and gnawing on its wire meshing. Ramsey eventually grew up, became a loving husband and father of three, and was incident-free until the 1960s.

The early years of his marriage were plagued by nightmares, cold sweats, and waking up to the pants of a wild animal — which he soon realized were coming from him. In the 1980s, Bill would repeatedly feel overcome by the sensations he had as a child while hanging out with friends and even once while doing a citizen's arrest. At one point, he attacked a friend in a car on their way from a pub and manhandled police in intense altercations on several occasions.

In the midst of this, Ramsey spent several stints in the hospital, all featuring the same symptoms of rage: inhuman strength, bared teeth, growling, hunched shoulders, and hands curled like claws. In an interview with the Warrens about their experience with Ramsey, Ed Warren stated that Ramsey would "ask to be locked up in a jail cell for his protection and the protection of the public."

When the Warrens got wind of Ramsey's situation, they asked him to their Connecticut home where Bishop Robert McKenna would perform a recorded exorcism on him.

6. The Trial of Arne Cheyenne Johnson

In this landmark trial, paranormal investigators Ed and Lorraine Warren were called to testify on behalf of Arne Cheyenne Johnson, the first known case in the U.S. to use "The Devil Made Me Do It" defense. On the evening of February 16, 1981, 19-year-old Johnson — engaged to Deb-

bie Glatzel and out for dinner with her, their landlord Alan Bono, and others — stabbed Bono multiple times using a pocket knife. Johnson would plead not guilty by possession, a defense founded on Johnson's relationship with his soon-to-be wife's younger brother, David.

In the summer of 1980, David woke to what he described as "a man with big black eyes, a thin face with animal features and jagged teeth, pointed ears, horns, and hoofs." The demon's description mirrors the creature from horror hit *Insidious* and apparently scared David so much that Debbie turned to Arne for help. Johnson couldn't find a reasonable explanation for David's bruises or scratches, so the family pivoted to a priest. That supposedly only angered the entity more, causing it to make David hiss, speak in multiple voices, and quote *Paradise Lost.*

The Warrens founded the New England Society for Psychic Research, the oldest ghost hunting group in New England.

The Warrens were brought in. In an interview with *People Magazine*, Lorraine stated that "while Ed interviewed the boy, I saw a black, misty form next to him, which told me we were dealing with something of a negative nature. Soon the child was complaining that invisible hands were choking him — and there were red marks on him. He said that he had the feeling of being hit."

The Warrens supposedly worked with the diocese of Bridgeport and four priests who were brought in to exorcise more than 40 demons from David. The diocese has only admitted to investigating the Glatzel case, but allegedly the event saw David return to normal. Arne, however, became their alleged new target.

After moving in with Debbie and going to dinner at a bar with Bono, a fight between the two older men broke out, and Johnson stabbed Bono. Johnson's defense didn't hold up in court, and he was found guilty of first-degree manslaughter, serving out only five years of his initially longer sentence.◆

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HAUNTED EUROPE

My Military Adventures in Daksa, Slovenia, Croatia, Italy, and Germany

By Paul Dale Roberts, Phenomena Magazine

When I was in the Army from 1973 to 1976, I was stationed in Nuremburg, Germany. Before working as an undercover Drug Suppression Team – Criminal Investigation Division agent and traveling all around Germany, I did a small stint as a driver for the Sergeant Major. The Sergeant Major, who was working at Merrill Barracks, needed a driver, and he chose me.

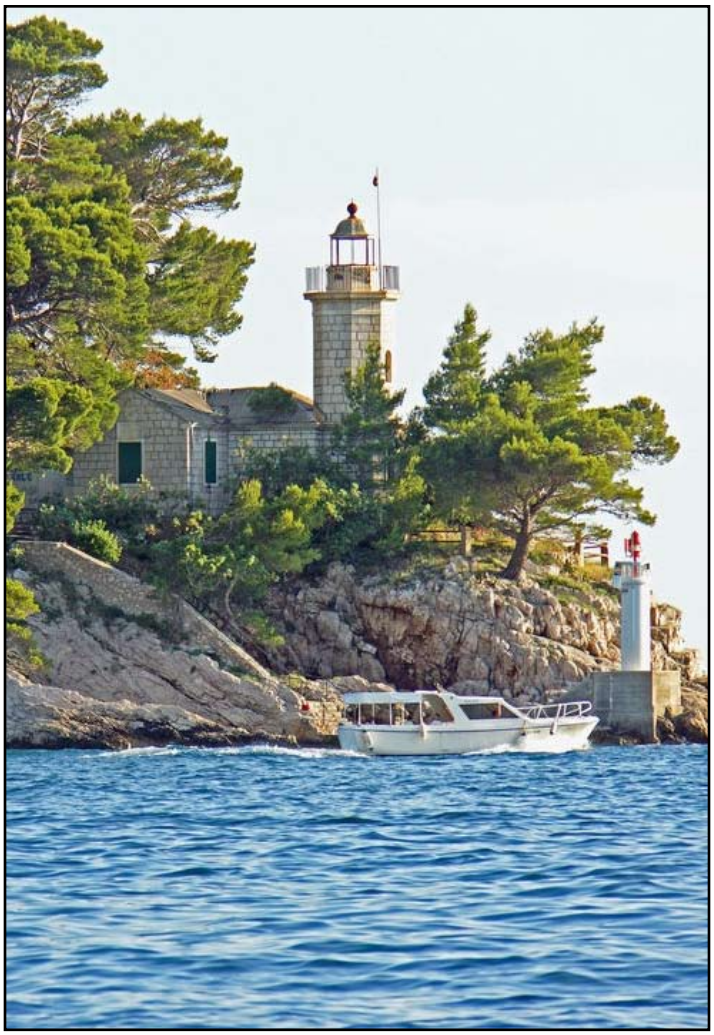
I lasted a week because he didn't like my way of driving a jeep. Even though I was no longer his driver, somehow he bonded with me and asked if I would like to go with him on vacation to Bologna, Italy. In this article, I describe the haunted locations I visited during this vacation, including the island of Daksa; Slovenia; Dubrovnik, Croatia; Bologna; and Nuremburg, Germany.

The Island of Daksa

After traveling through Austria and Switzerland, we arrived in Italy. During the time I was in Italy, I went with the Sergeant Major to the island of Daksa, which is 1.5 nautical miles from the city of Dubrovnik, Croatia, on the Sergeant Major's boat called *Endurance*; it was docked at Ravenna.

Daksa is gorgeous and studded with cactus, pine, lemon, orange, and cypress trees. I learned that Daksa means "right hand" in Greek. The island once served as protection for sailors. Later in life I learned that this island also had a reputation of being haunted.

The island has a splendid villa, a 19th-century lighthouse, boathouse, and dock. There are ruins of a 13th-century Franciscan monastery, called St. Sabina, at the highest elevation of the island. It is named after a Roman woman who martyred herself in 126 A.D. She did this because she turned to Christianity.



The island of Daksa, near Dubrovnik, Croatia, was the site of "the Daksa massacre" in 1944. After a mass grave was discovered on the island in 2009, visitors report seeing shadowy apparitions.

The Devil's Tower, part of the Soteska Castle in Slovenia, was reportedly the site of hedonistic orgies. The tower seems to have a strong residual haunting, as visitors hear strange noises and disembodied women screaming. (Photo by dominkod via Wikimedia Commons)

Just a few years ago, numerous skeletons were discovered on the island. Visitors now claim to see ghosts there. Theory has it that since the skeletons were being dug up, it disturbed the spirits. The skeletons are from many people who faced the firing squad at the hands of Partisan forces that had rounded up many war-time Nazi collaborators, including Catholic priest Petar Perica and the Dubrovnik mayor, Niko Koprivica.

These accused "Nazi sympathizers" were executed in 1944 without a trial during what was deemed "the Daksa massacre." It is actually believed that many of these people who were executed were not Nazi collaborators.

An estimated 36 to 53 residents faced the firing squad, and the bodies were placed in makeshift graves. Many collaborators were rowed out from the mainland to the island and secretly executed there, and if the locals spoke about the executions, they also could face the same fate. No records of the actual executions were kept.

What is really disturbing is the fact that crosses, rosaries, and even priests' collars were found in the graves, indicating that many priests were executed.

In 2009, an individual stumbled across a mass grave on the island, and since then, people have been seeing shadowy apparitions. Now residents of the medieval city of Dubrovnik say the ghosts of the executed men still haunt the island of Daksa, as if seeking some sort of revenge.

Devil's Tower in Slovenia

The beautiful building known as the Devil's Tower is part of the Soteska Castle in Slovenia. The tower is adorned by a renaissance-style gate, and according to historic records, the Lords of the Castle conducted hedonistic orgies at the tower. The locals heard about this and called the tower the Devil's Tower because of the sinful practices that occurred there.

I believe this tower has a strong residual haunting, because people visiting the site hear strange noises and the screaming of women. It is said that many women were brutally raped in the tower.

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At the Merrell Barracks in Nuremburg, Germany, soldiers have reported seeing three ghostly SS soldiers in full uniform walking down the hallway and then vanishing. (Photo by Chester Hodge via nbg-mil-com)

Lorko in Dubrovnik, Croatia

Dubrovnik in Croatia is a very haunted city with lots of residual energy from murders, tortures, and everything else you can think of. One of the best haunted stories is the story about Lorko. This is about a palace that is haunted by tortured souls and is damaged in many parts due to the Russian-Montenegrin siege of the 19th century.

The palace was owned by an aristocrat named Melko, who was an elderly gent that married a young bride. Poor Melko could not keep up with his young bride in an intimate way, and she strayed off and cheated on him. When he found out, he killed her lover.

He also discovered that his young bride was pregnant by her lover, and he kept the baby as his own and kicked his bride out of his palace. When his daughter became an adult and fell in love with a noble, Melko came clean and told her that he murdered his wife's lover. When she learned of this, she was very upset and killed her father by smothering him.

To this day, the palace has a reputation of being haunted. People hear moaning and see shadow figures. They also claim to see Melko stabbing his wife's lover to death. When tourists visit Lorko, some of them claim that they feel being touched, grabbed, and even slapped. Some of them have run away from the palace after visiting because the haunting activity was just too much.

Bologna, Italy

Many locals and tourists at the Towers of Bologna say that they are haunted. The towers were built during the 12th and 13th centuries, and it is said that they were used as an offensive/defensive mechanism during the Investiture Controversy period — a conflict between secular and religious powers in medieval Europe.

Some locals and tourists have heard faraway screams coming from the tower sections, and a phantom monk has been seen wandering the grounds of the Azzoguidi Tower. He is known as the Phantom Monk of Azzoguidi Tower. A tourist by the name of Floretta McMahan said that the Phantom Monk walked directly toward her and then walked right through her. When this occurred, she reported feeling a flush of cold air.

Nuremburg, Germany

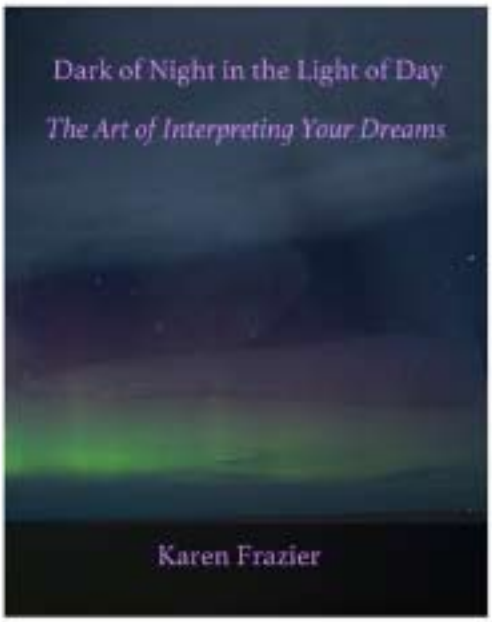
For a spell, I was stationed at Merrell Barracks in Nuremburg, Germany. These barracks were originally used by the SS Nazis, and when the U.S. took siege of Nuremburg, they became U.S. Army barracks. On the third floor of barracks, back in 1974, soldiers would claim that they could see three SS soldiers in full uniform walking down the hallway and walk into a room and vanish.

One soldier who encountered the ghostly SS soldiers (nicknamed the SS Three) ran screaming to his First Sergeant.◆

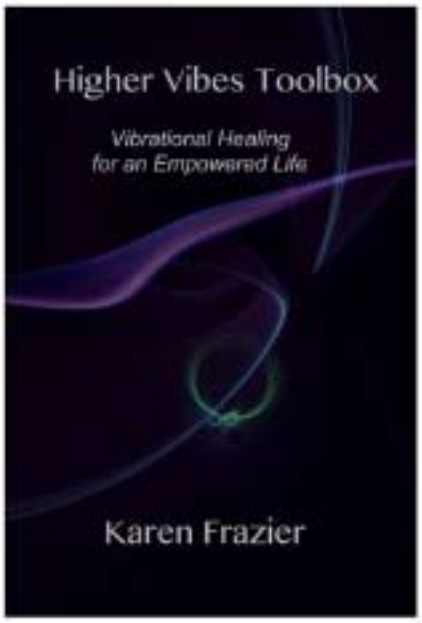
New from *Paranormal Underground* columnist

Karen Frazier

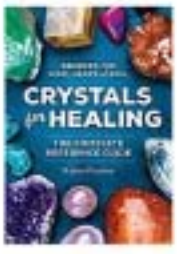
Unlock the power of your dreams

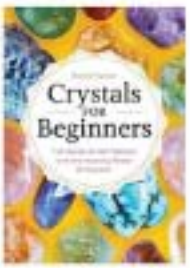


Improve your life with vibrational healing



Also by Karen





AuthorKarenFrazier.com

THE MICHELIN MAN VISITATIONS

By Adele Casales Rocha

One balmy evening in August 2010, Lisa opened the windows in their modest three-bedroom home to let the air in. She noted that the crickets and frogs that usually made their susurrus around her bedtime were quiet. As she prepared for bed, she looked out the adjacent bathroom window and heard the trees rustle behind the house, just a few yards from a small forest.

Outside, other small homes clustered around them in the darkness. Some had lights still on in their modest family rooms; some did not. As her husband watched television downstairs, Lisa brushed her teeth and washed her face, oblivious to the strange silence that continued outside. In this quiet and pastoral area of Pennsylvania, it was not unusual for people to go to bed early, especially on a week night.

Situated near a large 120-acre farm, the homes were one of the oldest in the vicinity and were coveted, as it was a quiet bedroom community easily accessible to the Philadelphia area. This particular county used to be remote and isolated, dotted by farms for miles. It was still relatively isolated, which made for very quiet nights, save for the sounds of wildlife, such as deer, foxes, frogs, and crickets, which could be heard when windows were open to a summer breeze.

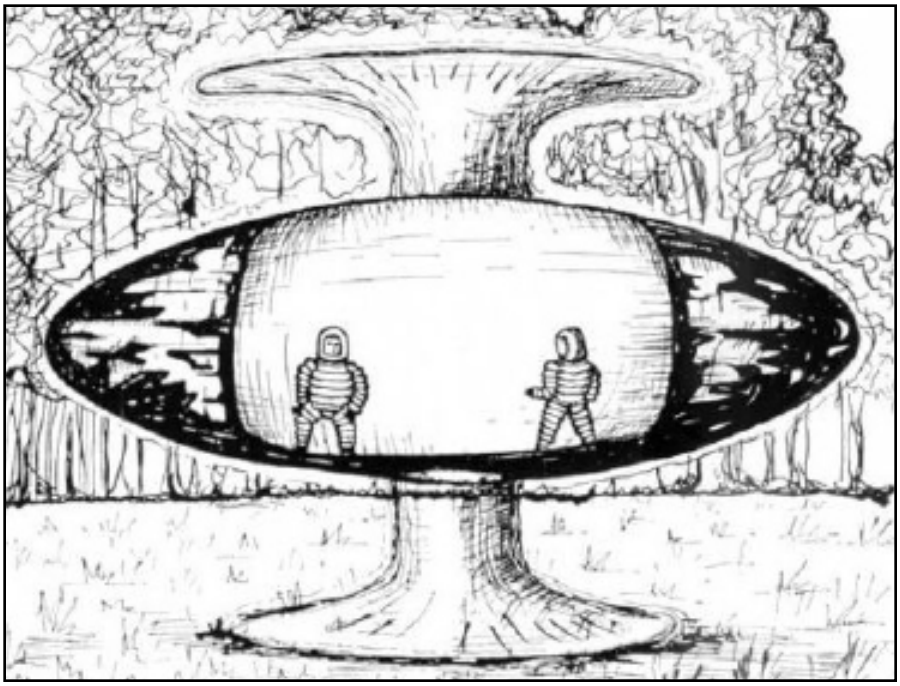
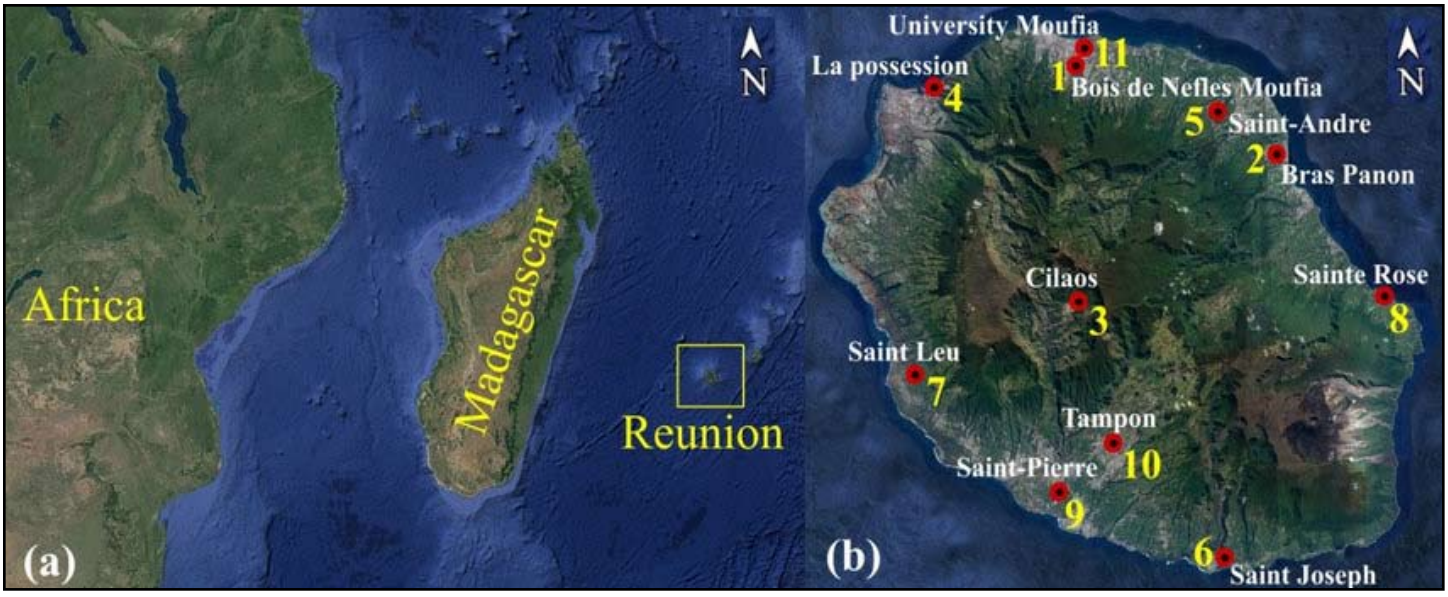


Illustration of the Reunion Island sighting. (Image courtesy of Above Top Secret)

Lisa no longer recalls the exact time, but somewhere in the dead of night, as her husband now lay snoring just a few inches from her, she awakened to feel a presence in the small room. She felt compelled to sit up and locate her glasses on the night stand but discovered that she could not sit up and became once again overcome by a strong desire to sleep.

When Lisa awakened again, she found herself lying suspended above the bed, being held there by a "man" in a one-piece suit. Just inches from her own face was a being wearing a transparent "glass" helmet like an astronaut. She sensed the being was a male. He held her in a protective embrace, wearing what she could only describe as a "quilted" outfit resembling the icon of the Michelin tire company. Afraid of falling, she instinctively reached to



Pictured above is the location of Reunion Island on the Indian Ocean off the coast of Madagascar on the continent of Africa. The location is the site of an extraterrestrial encounter where a witness saw two beings inside a craft. The beings resembled the Michelin man mascot.

hold onto the being's arms, which were similarly garbed, and felt a soft and pliable plastic-like material in the form of a quilt pattern.

As she made her soft descent onto the bed, she sensed in her head a communication from the being that it was time to return to her bed as her "visit" was over. She "read" in his thoughts that he would not let her fall. What remained with her to this day is the sense of peace and benevolence from the being and the unmistakable knowledge that this being had known her since the beginning of time. Her time. She also "knew" that it was not her first "visit" with the being, but a final one.

> When Lisa awakened again, she found herself lying suspended above the bed, being held there by a "man" in a one-piece suit.

As soon as her back touched the surface of the bed, Lisa saw the being recede into the ceiling, as it ascended past the solid wood. Lisa felt a keen sense of abandonment, sadness, and isolation. Then, as if willed to remain at peace, she fell into a deep and untroubled sleep.

Among humanoid sightings and encounters, the being described is seldom reported as evidenced by a review of past reports. The first documentation I found related to this obscure visitor was on the Website Above Top Secret. In November 1926 in the suburb of Bolton, Lancashire in England, a child by the name of Henry Thomas planned to meet up with his friends after dinner against his parents' behest. He wandered into an alley as he attempted to locate his friends and instead encountered three beings dressed like the Michelin man.

Henry reported that the beings were of normal height, had pale skin inside their helmeted heads, and had dark eyes. He further reported a gurgling sound coming from one of them and that was enough to terrify the child, who then ran home. Despite his bizarre encounter, he reported, like Lisa, that they were benevolent.

Another account from the same Website reports an encounter in Spain. A man named Miguel Ceballos Timermans of Cadiz encountered a Michelin man as he was riding his motorcycle on a country road. This time, the humanoid was wearing a red suit, with the suit being "inflated" just like the mascot. It was standing by the side of the road as Miguel approached, and another being was visible right behind it. The other one appeared smaller in stature but dressed in the same manner.

A third account comes from the Haute Vienne region of France, involving a "floating man" garbed like the mascot. This one reportedly had a "balloon" for a head. The being was again standing at the edge of a rural road and had a face "as smooth as a doll." The witness indicated the being disappeared, only to be spotted again several hours later in the same vicinity, but this time vanished with a "big leap."

The last recorded encounter I could find in the online literature comes from Lon Strickler of "Phantoms and Monsters," a highly-respected researcher and investigator locally based in Pennsylvania. This encounter was also reported on the podcast *Mysterious Universe* based in Australia.

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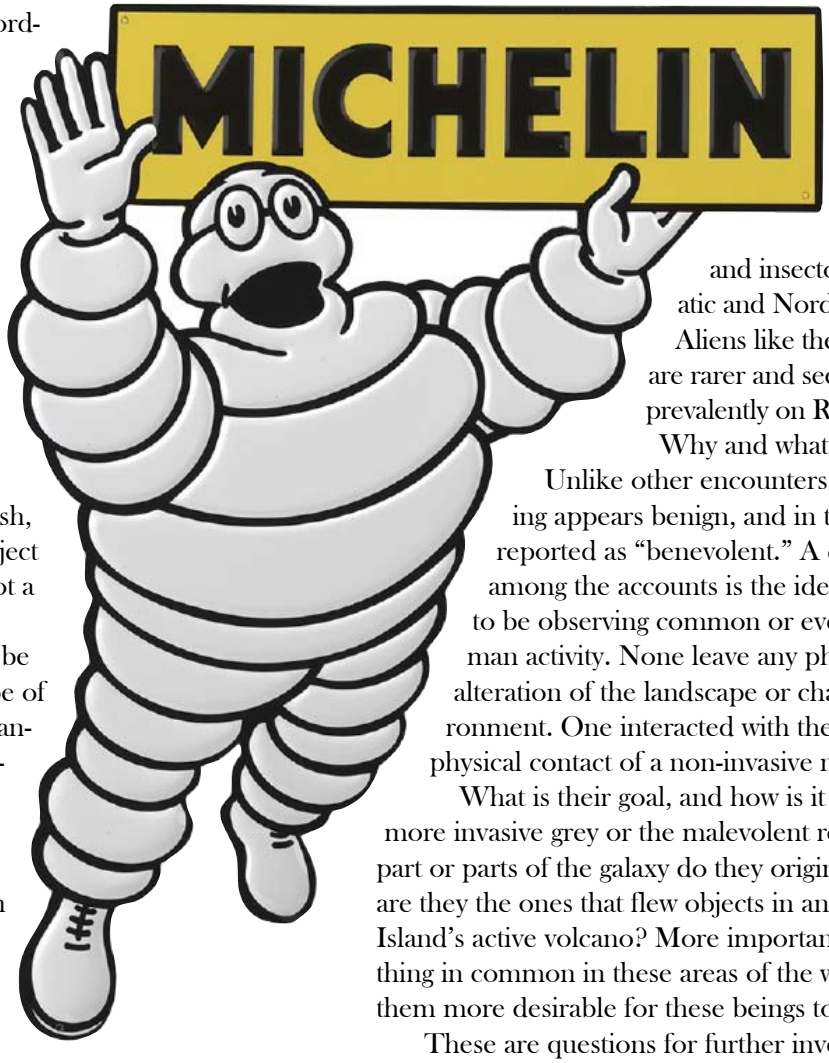
Reunion Island is located on the Indian Ocean off the coast of Madagascar on the continent of Africa. It is a French territory, as it still is at the time of this article. The witness, a 31-year-old married farmer by the name of M. Luce Fontaine was outside his house picking grass for his rabbits. Suddenly, an object resembling a "cabin" materialized several meters from him. It was hovering over the ground. According to M. Luce, the cabin had a windscreen that resembled a Peugeot vehicle; the shape of the object itself was oblong with dark-blue extremities.

Inside the cabin were two beings, one of whom was dressed head to toe in Michelin man garb. The other being was similarly dressed and was facing away from the witness. Both beings were wearing the helmets described in previous encounters. In a flash, like the previous report, the object and the beings disappeared. Not a trace on the ground was found.



Reunion Island appears to be replete with sightings of this type of being. "The UFO Casebook," another online portal, reports several other cases on this island. Not far from an area called "Piton Martyrdom," on February 14, 1975, a 21-year-old man heard repeated bleeps for days. Finally, he saw a "cup" turned over a "saucer." Three beings issued from this object dressed like the mascot.

Toward evening, he again had a sighting of three white lights in the town of Sainte-Marie, this time with other witnesses. He reported that it made a whistling sound as it flew away.

Again in February 1977, at Gillot Airport, a man who was a photographer was developing film taken at the time and saw in one of his photographs an object above the plane he was photographing as it ascended above the airport.

A sighting with corroboration happened on September 7, 1978, in the town of Saint Paul. A hundred people in the theater of Saint Gilles and its director saw a bright blue light with a green center above the theater moving toward the Indian Ocean.

In the area of Piton de Furnace, an active volcano on the island, policemen and locals saw "lights" going in and out of the mouth of the volcano right after an eruption. Geipan, the French reporting agency for UFOs reports a young man, a Saint-Josephois, encountering an object in the sky. He did not, however, see any occupants nor did he describe the object to the agency.

The ufology literature is abundant with accounts of beings such as small and tall greys, reptilian and insectoid beings, and Asiatic and Nordic-type sightings. Aliens like the Michelin man are rarer and seem to appear more prevalently on Reunion Island.

Why and what is their motive? Unlike other encounters, this type of being appears benign, and in two cases were reported as "benevolent." A common thread among the accounts is the idea that they seem to be observing common or even mundane human activity. None leave any physical evidence or alteration of the landscape or change in the environment. One interacted with the witness and made physical contact of a non-invasive nature.

What is their goal, and how is it different from the more invasive grey or the malevolent reptilian? What part or parts of the galaxy do they originate from, and are they the ones that flew objects in and out of Reunion Island's active volcano? More importantly, is there something in common in these areas of the world that make them more desirable for these beings to visit?

These are questions for further investigation and study. Since Reunion Island appears to have the most sightings of this being, I looked into the topography of Reunion Island and its history.

Reunion Island was formed out of the volcanic eruption of a little-known volcano called Piton des Neiges about 3 million years ago. According to the blog "Welcome to Reunion Island," the eruption formed an island about 63 kilometers long and 45 kilometers wide. It still has an active volcano to this day, called Piton de Furnace, where a UFO was seen going in and out of its mouth right after an eruption.

Reunion is located southwest of Mauritius and near the vicinity of Madagascar, known for its abundant and unique flora and fauna. The first settlers were 20 French-

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Pictured above is a map of Reunion Island. What makes the island an attraction for ET encounters? Could it be the area's harmonic environment?

men from the French East India Company who arrived in 1665. Named Le Bourbon at the time of the first settlement, and renamed Ile Bonaparte after Napoleon Bonaparte, the island was again renamed Le Bourbon in the early 1800s. The only beer brewed on the island was named after it.

In the 18th century, Reunion was the site of coffee growing, and slaves were transported from Madagascar, Senegal, and Mozambique to help with the growing of coffee beans. Although slavery was abolished soon after the 1850s, the growth of the coffee industry spurned commerce. And, consequently, immigrants seeking work appeared from neighboring Africa, China, and India. With the brief colonization of the U.K., sugar cane as a crop was introduced to the island and, finally, vanilla.

However, what is remarkable about Reunion is its growth as a cultural and island paradise, both for tourists and locals who sought religious freedom. In Reunion, as the blog indicates, cultural diversity has made Reunion a haven for inter-faith marriages due to its openness to diverse religious faiths. Christians, Moslems, Hindus, and other major religious faiths sit side by side in mosques, temples, and churches.

Reunion is not only a haven for the religiously open-minded, it is also host to the richest biodiversity on the planet. The Website en.reunion.fr, which is run by a French organization in promotion of tourism, described how in 1666 this remote island appeared as primitive in terms of its mountains, "impenetrable forests," fresh air, clean water, but also an abundance of domestic and local wildlife. Highly prized geranium and vetiver essential oils can be found at present on this island. Essential oils, the hallmark of natural healing and innovative chiropractic intervention from stress relief to wellness and renewal, are in abundance on Reunion.

Public investment on Reunion began in 1946 at the end of World War II. As a department of France, Reunion progressed into a modern hub of tourism and continued cultivation of oils, vanilla, sugar, and coffee for export. Farming, fishing, information technology, and tourism is what Reunion has become known for in recent times.

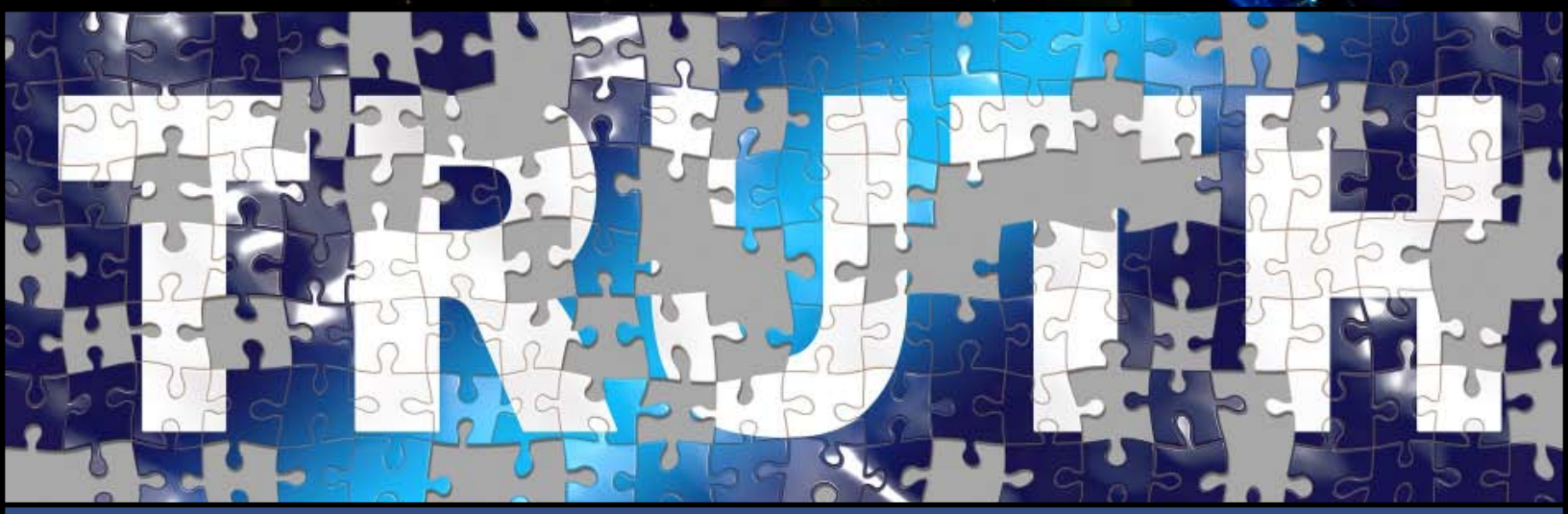
What remains distinctive about Reunion, an obscure far-flung island thousands of miles from the Eurozone and the Americas, is its consistency as a peaceful, open, and culturally diverse destination. Since slavery, Reunion has not been host to violence, religious or cultural intolerance, or economic unrest.

Could this be a microcosm that attracted the benevolent "Michelin Men" to choose to visit Reunion time and again? Among other islands and countries beset by pollution from tourism, class difference, and cultural and religious intolerance, Reunion appears relatively untouched by corruption save for modernity. Crime rates remain low as the island remains prosperous and its inhabitants living in harmony.

How different is Reunion from the rest of the planet? A paradise where humans actually thrive in harmony. A paradise where wildlife remains abundant and unchecked, and the air is still pure from the beginning of time.

Perhaps this is why ETs of a benevolent nature have visited this island. It is an anomaly on a planet that is otherwise violent, intolerant, and on the verge of destruction.

"Portal — A Lifetime of Paranormal Experiences" by Adele Casales Rocha and published by Flying Disk Press is now available on Amazon.◆



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PERE CHENEY: The Michigan Ghost Town Cursed by a Witch

By Orrin Grey, The Lineup

Tucked in the woods of Michigan, alongside an old railroad track, are the remnants of the once-bustling lumber town of Pere Cheney. Established in 1874, the town was home to 1,500 souls at its peak. By 1917, that population had shrunk to around 18 people. Today, nothing remains of Pere Cheney except a crumbling cemetery where more than 90 bodies are buried.

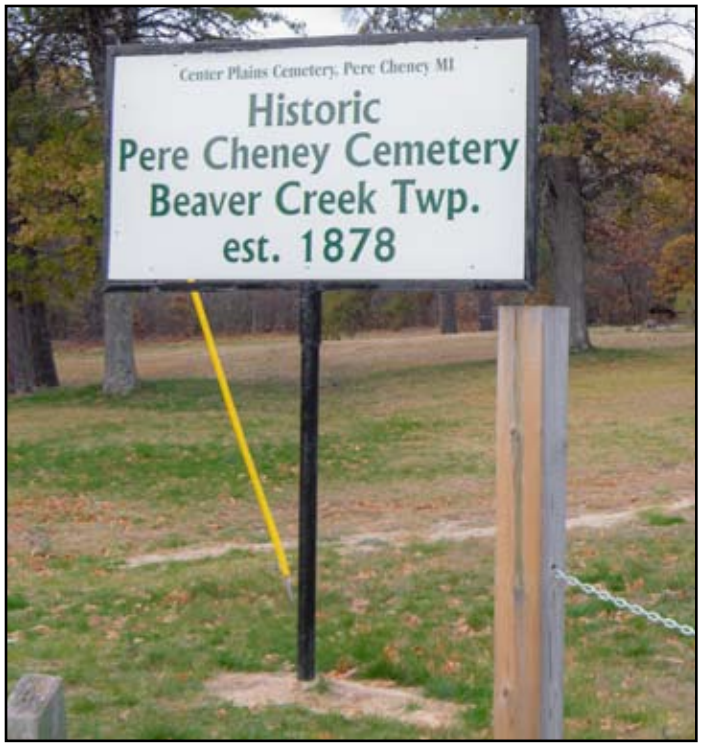
What happened all those years ago to transform a thriving community into little more than a forsaken graveyard? Officially, diphtheria is what happened. Two epidemics struck Pere Cheney. The first, in 1893, wiped out much of the town's population, especially its children, who were particularly susceptible to the disease. In 1897, a second outbreak occurred. Those families who survived the first epidemic packed up what they could and fled to nearby towns.

By 1901, Pere Cheney's population dwindled to around 25 people. In 1912, the local post office closed. Today, Pere Cheney is all but erased from the earth; depressions in the ground mark the spots where buildings once stood. Decades of neglect destroyed most of the headstones in Pere Cheney's cemetery — though some intrepid visitors today still leave flowers at the few remaining markers.

While diphtheria may be what officially decimated the population of Pere Cheney, local legend tells a different tale. One version centers on the lumberjacks who founded the town near the sawmill of George M. Cheney. They allegedly did so on land that was stolen from a local Potawatomi tribe. The natives subsequently cursed the stolen grounds and all those who tried to live there.

A more popular explanation, however, contends that a witch placed the curse. In this version, a young woman accused of witchcraft was chased out of Pere Cheney

Pictured above is a gravestone at the Pere Cheney Cemetery in Michigan, where visitors report seeing lights in the trees, shadowy figures, and the ghost of a witch. (Photo by SweetCanadianMullet via Wikimedia)



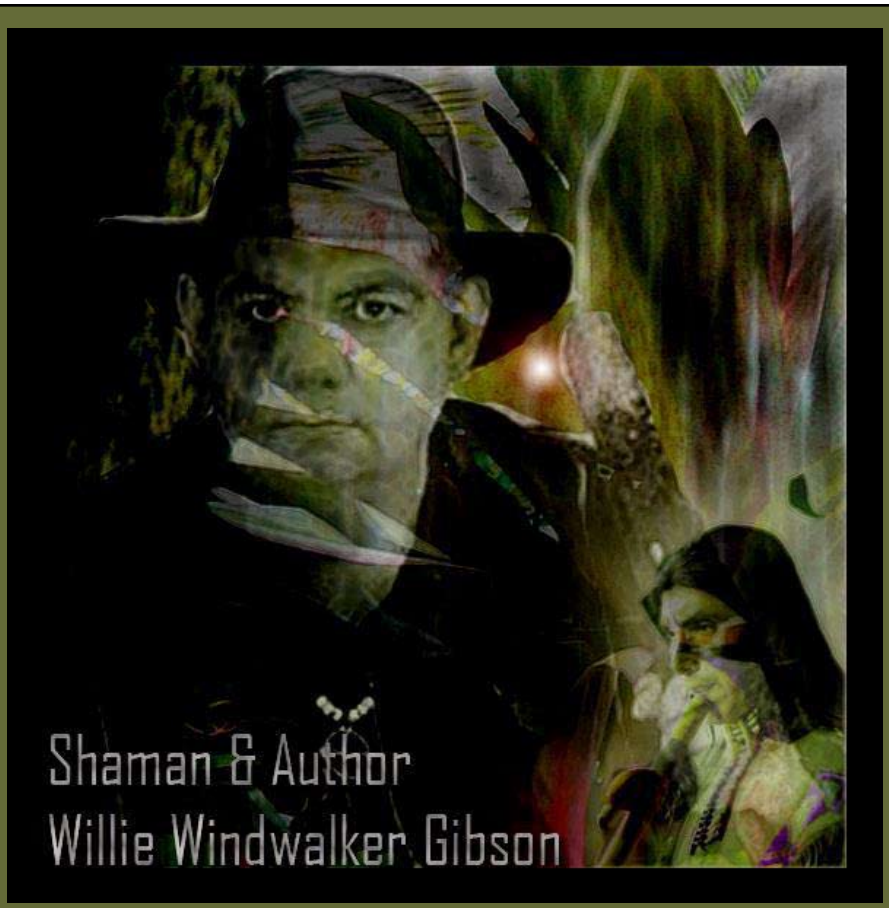
Was a witch's curse the reason for the abandonment of Pere Cheney in Michigan? Or was a more natural explanation, diphtheria epidemics, to blame? (Photo by rossograph via Wikimedia)

and forced to live in the surrounding wilderness. The woman allegedly had a child out of wedlock, and the child became ill from exposure as a result of the banishment. When her child died, the woman placed a curse upon Pere Cheney, unleashing an epidemic that disproportionately killed the town's children.

Some say the woman was eventually caught and hanged from a tree in the cemetery. Afterward, her body was either burned or buried somewhere below the tree. The claim gained enough traction that Pere Cheney took the #2 slot on a list of the "Top Ten Witch Graves in the Midwest" despite there being no particular marker for the unnamed witch in Pere Cheney's cemetery.

People who seek out the ghost town today report lights in the trees, shadowy figures, the phantom laughter of children, and more. People who drive up the rutted road to the cemetery have said that when they returned to their cars, they found the vehicle covered in tiny handprints. Others even report seeing the ghost of the witch herself haunting the cemetery where she was allegedly killed.

A witch's curse or a deadly outbreak? Whatever the reason behind Pere Cheney's demise, there's no denying that this vanishing ghost town — now little more than a few broken headstones in the middle of the woods — is haunting enough on its own. ◆



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Energy Healing and the Elements

By Karen Frazier, AuthorKarenFrazier.com

In energy healing, we often discuss the chakras and meridians. Getting less attention but no less important in energy healing is seeking to balance the fundamental elements of nature. Keeping these elements in balance in body, mind, and spirit contributes significantly to well-being.

Depending on the philosophical branch you follow, you'll find there are slightly differing names for the elements. For example, Classical Greek philosophy initially identified four elements: earth, air, fire, and water. But Aristotle eventually added a fifth, ether. Hinduism identifies five elements: earth, air, fire, water, ether. Buddha identified four elements: earth, water, fire, air. And Chinese philosophy (including feng shui) identifies the five elements as wood, metal, fire, water, and earth.

For our purposes, we will identify five elements: earth, air, fire, water, and ether, which are also the five elements of Ayurveda, the traditional Hindu system of medicine. The energy of these elements are embodied in our lives, minds, bodies, emotions, and spirits, and they need to exist in balance for one to live a well-rounded life of good health and wellbeing.

In polarity therapy, these elements correspond with five chakras and also run in lines through the physical body. They also have properties that are essential for well-being and balance. Ideally, all five elements should be balanced and harmonized in order to manifest in health of the body, mind, emotions, and spirit. When imbalances of the elements occur, it is important to find ways through energy healing to rebalance them.

Ether

The ether element represents space. It is most closely connected to the throat chakra, and it is associated with spirituality and airiness. In polarity therapy, the ether channel runs down the midline of the body, connecting with the thumbs, midline, and big toes. Ether is also associated with the ears.

Ether is present in all four of the other elements. Its manifestation in physical, mental, emotional, and spiritual aspects is by far the most subtle of the elements. Someone with too much either may be ungrounded, flighty, or dormant and awaiting an outside force to cause movement and growth. Someone with too little ether may lack the room to grow or change or may be stuck in his or her ways.

You can increase the element of ether by making space in your life and through meditation, which is connection with the vast spaces that exist in all physical matter.

Air

The element of air represents liveliness and movement. In polarity therapy, air moves in two channels down the body a few inches on either side of the midline. These channels move down through the brows, along the outer curve of the lips, next to the chin, downward along either side of the belly button, and down into the pointer fingers and second toes of each hand and foot. It is associated with your heart chakra and the physical heart.

If you have an excess of air, you might lack boundar-

ies and follow wherever you are led. You might also be considered an "airhead" because you frequently misplace items or forget what you're saying as you're speaking. You may also be prone to nervousness, anxiety, or obsessions and compulsions.

If you have too little air, you may be inflexible, over critical, or stuck in your ways. You may feel "heavy" or listless, and you may feel joyless or humorless.

Fire

The element of fire is bright, hot, passionate, and vivid. In polarity therapy, the fire channels are a few inches out from the air channels on either side, running down the cheeks, across the nipples, along the rib cage, and down through the middle fingers and toes of each hand. It is also associated with the solar plexus chakra and the digestive organs.

An excess of fire might cause restlessness, sleeplessness, fever, sexual compulsion, stress, and burning out. Too little fire might appear as joylessness and lack of passion or drive.

Water

This element is associated with emotions. It flows easily, moving around obstacles or reshaping them to suit its path. In polarity therapy, the water channels are a few inches outside of either of the fire channels, moving down along the sides of the head, the ears, the outer chest, and flowing downward through the ring fingers and fourth toes of each hand and foot. It is associated with the sacral chakra and the genitals.

If you have an excess of water, you may be overly emotional or too flexible. Your moods and emotions may be easily affected by those around you, and you may have a certain formlessness to your personality and desires. If you don't have enough water, you may be inflexible and emotionally dry, or you may be out of touch with your emotional and spiritual needs.

Earth

Earth is the strongest and heaviest of the elements. It is a deeply grounded and stable energy that is difficult to move for its groundedness and often moves only slowly and sluggishly. However, earth energy also nourishes, which is essential for balancing body, mind, and spirit. Earth energy runs down through the shoulders, a few inches away from the edges of the body on either side, down through the pinkies on the hands and feet. It is also associated with the root chakra and the colon.

People with an excess of earth may be slow moving, stubborn, and obstinate. They may be extremely resistant to change or slow to change. They may move slowly and be slow in their thoughts, words, and actions. People with not enough earth may lack groundedness and centeredness. They may often seem as if they are going to float away or think or speak so quickly they can't keep up with their own thoughts and words.

Correcting Element Imbalances

You can align amplifying crystals, such as clear quartz, down any of the elemental lines in the body, paying attention to the corresponding chakra as well. You can also use a sound such as a clanging ghanta or striking a singing bowl along the elemental line(s) to stimulate and awaken the elemental energy.

For too much of an element, place an absorbing crystal, such as a piece of black tourmaline, touching each finger and toe that corresponds to the element, as well as along the line(s) for that element in the body. Using your receiving hand, you can also place it at points along the element's pathway(s) to pull the excess of energy.

To balance an element, sing a bowl along the pathway for the element and on the corresponding chakra or place smoky quartz points at the start and end of the element's channel(s) with the points facing away from the body to move the energy through the channel in both directions. ◆

5 Ways to Keep Your 'Magical Self' Together

By Dr. Athena Perrakis, Sage Goddess

Let me preface this article by saying this may be my most important article ever — and that's saying something! It is also the number one issue I hear people talking about, the number one problem most of my clients are facing, and, frankly, it's also my daily struggle: How to keep your self together as a graceful Warrior of Light in a world that seems to enjoy drama and trauma.

It's a daily decision not to "go low" but to aim your energetic bow higher, releasing only arrows of beauty into what can seem like a sea of darkness. Except it isn't a decision, really. What choice do you have if you came into this life to make this world a better place? Embodying compassion is a commitment, and it requires discipline.

As you get older, you realize that the world is full of hurting people, and just because you are in pain too doesn't mean you get to be a pain. When trauma happens, as it does to all beings, you have a choice to make: You either use the trauma to fuel a new approach to life and reorient yourself toward healing and happiness, or you submit to the trauma and use it as an excuse to sling your sorrows outward at others.

Doing so might make you feel better for a few minutes. But it is never OK to willfully hurt another human being, no matter how justified you feel. The pain buck has to stop with you, sweet one. No more projecting your crap onto the world around you. You're too grown up and magical for that.

So how, then, do you interact lovingly and with compassion in a world that often mirrors back to you just the opposite? Here are my five strategies to help you find peace in a peaceless world.

1) Decide You Are Going to Love Mean People Anyway

People are human; you can either resent them for it or love them in spite of it. When you see expressions of trauma — which in muggle terms looks like mean people wounding others, tearing them down, critiquing them without cause, or judging others they don't know — open your heart wider and recognize that you're looking at a wounded soul, someone's child, and they need love — not more judgment in return — to heal. Can you be the one who will love them anyway?

Remember that many people have not had a source of unconditional love for a long time. Maybe their parents were cold and undemonstrative or died at a young age. Maybe their husband, wife, or partner doesn't hold, kiss, or touch them anymore and they are starving for human affection. I'm not excusing poor behavior, but I am explaining it as clearly as I can because the more you know, the more you understand, and the less you react.

2) Make Your Life Into a Sanctuary, an Oasis

Be the oasis you need in your life, and in turn be an oasis for others. What do I mean by oasis? A space to breathe, be, expand, and become. Decide that people in your life will be offered the liberation, space, and love they need to become their fullest self and that if they project onto you or cannot return that love in some way, you will continue to stand firmly in your own space of love and compassion.

Let nothing dim your light, and let no one dissuade you from bringing more love into the world right now. Light your little candle, and let it shine for the world to see.

3) Teach Love by Example

How you live your life matters; your children are watching you and learning. Your friends and loved ones, but even those who do not know you personally, see the lived example you create. Are your words and actions resonant with your values and mission to love? If not, that's OK. Use that awareness as an opportunity to get more deeply connected to your central mission and purpose.

Know that sometimes, because you are human, you won't want to embody love. You'll be pissed off, hungry, sad, confused, or just tired. Love yourself enough in those moments to have compassion for you too. As the Buddhists say, if your compassion does not include yourself, it is incomplete. Every time you divert, however, consciously return to love.

4) Get Honest With Yourself on Every Level

Truth heals, and lies destroy. If you cannot be honest with yourself, who can you be honest with? I always say, no one is more critical of me than me. I am so hard on myself! But I am honest too, and I also love myself when I see myself growing, evolving, and becoming a person I am proud to be.

I have spent the past year, in particular, really honing my relationship with myself and my own inner truth. On every single level, my life is aligned. It's not perfect, but nothing is inconsistent: My thoughts, my actions, my relationships, my experiences, my words, my work, my body, my emotions, my energy — it's all vibrating in accord with the fullness of my soul. If you can't say the same, start there! Get real with yourself. It's never too late. Your transformation really does begin the moment you get tired of your bullshit.

5) Ask Yourself in Every Moment What Does Love Look Like Here?

When someone yells at you in traffic, what does love look like there? When your child gets bullied by the child of someone you know, what does love look like there? In every moment, love can be invited into the space.

You might find that what love looks like seems too generous, too open, too risky and vulnerable. But I'll say this to you: Who cares? Can you really be too loving or too kind? Can you really be too forgiving? I don't think so. I believe all the angels in Heaven sing when we make a conscious choice to look hatred or fear in the face and show it an expression of love. Doing so makes you a powerhouse warrior goddess queen in my book!

I hope you can hear me cheering you on when you do something as brave as speaking love into a dark space. When you stand up for someone else and anchor your truth, that makes me squeal too. I see you doing that hard work.

These are just my tips based on my experiences, but they are also offered at a time when they are needed most. By following them you will raise your personal energetic frequency and come into powerful alignment with all you seek in an effortless way.

But don't manifest love to get something in return; manifest love because you are ready to stop reincarnating into lives of difficulty. You're ready now to ascend to a new level of conscious awareness, and a literal garden of pleasures awaits you there. I'll be there waiting too.

Amen, A'ho, and So it is.◆

Letting Go of Grief

By Willie Windwalker Gibson

In my adventures as a shaman and supernatural consultant, I have run into many cases of grief. Grief is an extremely powerful thing. When grief grips a person, it is hard for it to let go. I'd like to share with you just such a case. I hope by sharing this, it will help someone out there going through the grieving process.

* * * * *

It was two years ago in the fall. I received a call from a woman named Joy. She was seeing a shadow figure in her home, and it was scaring her eight-year-old son.

The next day I drove to Joy's house. It was a one-floor, brick home. I arrived at her front door with my medicine bag in hand. A petite woman in her early-30s opened the door. It was Joy. She asked me in.

Upon entering the house, I immediately sensed sadness. Joy then told me that the shadow person would appear at any time, and when it did, it would scare both her son and her.

I looked around and saw a lot of pictures hanging on the walls. I asked Joy about them, and she told me who everyone was. There was a wedding picture of her and her husband. When I asked Joy where he was, she began to cry and said he had died from an illness six months ago.

I asked her when the shadow figure began to appear. "About six months ago," she said.

With Joy's permission, I walked through the house with her. I could feel the sadness not darkness. Otherwise, the house felt good. When we got to the master bedroom, I could feel the sadness get heavier.

I entered the bedroom first and could see the shadow by the bed. Joy screamed, "There it is."

The shadow moved slowly to me, and I could sense a communication coming into my mind. It was saying, "Tell Joy to let me go. It's Stan, her husband. Tell Joy to let me go. I'm OK. I need to be set free."

I then passed the message on to Joy. She began to cry. I asked Joy to tell Stan that is was OK to go on, and she would be OK. Joy did so, and the shadow left.

We went back to the living room and sat down. I explained to Joy that her grief was holding Stan to the earthly plane even though he had no physical body. I also told her that Stan was at peace and she needed to move on with her life. Joy shock her head yes.

We said our goodbyes, and I left.

I know grief hurts, and you don't want to give up a loved one. However, by wanting them to still be here after death binds them to this earthly realm. The bonds of love are deep, and the soul will hang around if you keep it here. Remember that when someone passes on, it's OK to tell let them know that you'll be OK.

Tell them aloud, "I'm OK, and so is the family. It's OK for you to go." That's the best thing you can do for them. ◆

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CREEPY CRATE
BY THE LINEUP

Knowing the Future by Phoning the Past?

By Maria Anna van Driel, The Next Truth

Is the thought experiment of "faster-than-light signals" really leading to a paradox of causality? Or can we use a crazy, futuristic device that is capable of telegraphing information faster than the speed of light through time by manipulating a perfectly sealed environment and a tiny bit of radioactive substance?

Can we pick up the phone, create a window into the unknown, and call the past ... our own past?

* * * * *

Now call me crazy, but if you can communicate faster than the speed of light, you could call yourself or "telegraph the past." You could even give yourself stock marked tips to get rich! But, that wouldn't be one of the smartest things to do, because you'd then become in interferer instead of an observer — meaning you might change your own future! In other words, the effect comes before the cause and creates a disturbance in causality.

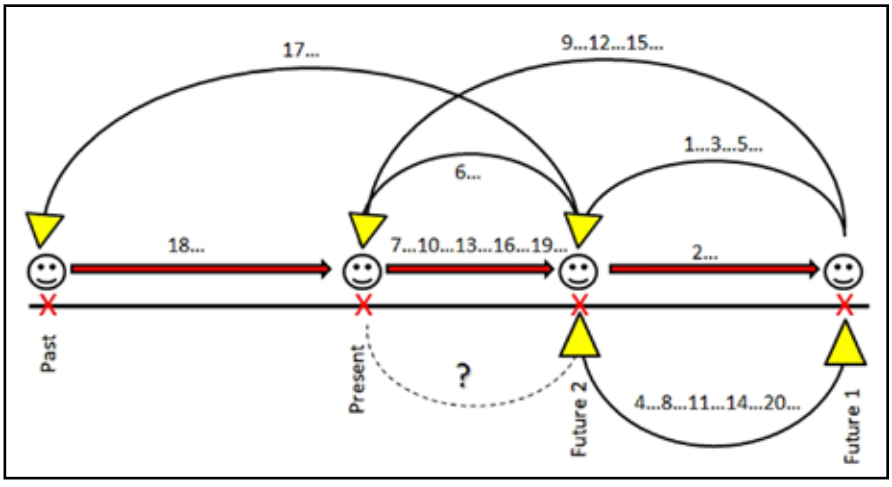
An idea involving this technology was still in its infancy in 1880 when Alexander Graham Bell and his assistant Charles Sumner Tainter invented the photo-phone. And in 1907, Albert Einstein theorized that faster-than-light communication would create a causality paradox: "the hypothetical cause-and-effect of time travel and making changes in the past that would affect current actions."

This is a direct violation of cause and effect, where cause does not lead to an effect, but the effect comes before the cause. This way of communicating with the past by using a device transmitting information faster than the speed of light was later also called a "Tachyonic Anti-Telephone" by Gregory Benford.

Unfortunately, it has yet not seen or proven that we are getting any messages from the future. Could this be the result of us not paying enough attention to our future selves? It's highly possible.

Did I Get a Phone Call From the Future?

Looking into my own past, there were several moments that could indicate such a device has a plausible existence in the future. One of the most remarkable moments was when I was working as a security guard. That particular day I had the responsibility over several office-buildings, where I walked through them after office hours, closing doors and windows, turning off the lights, and looking for late-working office workers.



During one of my control rounds, my mobile phone rang. Because this was not an unusual event, I answered the call as I always did in a formal manner. But what I

heard was anything but the usual! What I heard was a strange, deep, and dense silence ... almost ear-deafening.

Some seconds later, it rang again. I heard the same strange silence. For the third time it rang, and as I put the phone against my ear, expecting to hear that strange silence again, I heard static for a brief moment.

Then, in the distance, I heard a female voice saying in Dutch, "Yes ... contact!" followed by that brief static noise. The call was then disconnected by those on the other side of the line. (Note: I speak Dutch.)

Without any hesitation, I scrolled through the history of my mobile phone to call the number back. But, strangely enough, the number of the last incoming call was that of a colleague, meaning that the last phone call had never taken place?

I never heard from them again. ... Was this all coincidence? A prank? Or did someone, or maybe even myself, call me from the future that day in the past?

> *"I answered the phone and heard static for a brief moment. Then, in the distance, I heard a female voice saying, 'Yes ... contact!'"*

Faster Than the Speed of Light?

With a mind-dazzling paradox as such in mind, we can say that theoretical physics is truly an unusual branch of science that is loaded with interesting thought experiments, concepts, and hypothetical devices. In this corner of science, you can find everything from cats simultaneously being alive and dead sealed in cardboard boxes awaiting observation to Albert Einstein himself branding quantum entanglement being spooky and hard to believe, which it sort of is.

But one of the oddest concepts in theoretical physics stems from Einstein's work. It is the concept of a type of particle called the tachyon. And while still hotly debated today, some argue it could exist in a vacuum but only for short periods of time.

This hypothetical particle is not part of the standard model of particle physics. It has never been seen, and there isn't evidence that it might exist. It is merely that nature may allow for it to exist. And if tachyons do exist, they would exhibit very strange characteristics.

A popular perception tends to be that the speed of light is a sort of mythical, universal speed limit that nothing could ever exceed. But it is worth knowing that the speed of light really is not quite the brick wall that is made out to be. In reality, it only applies to "normal" matter and is pretty straightforward.

Whenever you push something that has mass, such as a rocket, it requires that you spend energy to get it going ... the faster you go, the more energy you have to spend. This works on a sliding scale, but as you approach the speed of light, it requires more and more energy to accelerate further, until you reach a point where you would need infinity energy to go any faster.

It is said that we can never have infinite energy. But is that really true? Well, relativity does not rule out an exact opposite state of affairs, and that brings us back to the tachyons. If this tachyonic energy exists, it would not be able to slow down to the speed of light as we understand it, because that would also require an infinite energy.

Opposite to "normal" matter, the less energy the tachyon has, the faster it would travel, meaning that when we add energy to it, it would slow down.

Tachyon condensation = e-
T + e- → T<Ek
(Collision in a vacuum bubble)

→

Now, imagine removing all particles, energy, and gravity from the Universe. You would probably be left with vacuum bubbles that are swirling through the Universe.

But even at its lowest energy level, there are fluctuations in the quantum vacuum of the Universe. There are quantum particles plopping in and out of existence throughout the Universe. There is nothing, and then PLOP, there is something!

The Tachyon Factor

So, let's assume that it is possible that highly charged electrons spawning from this "plopping" are colliding with tachyons in the knots (or X-points) between the vacuum bubbles. Some of these tachyons could slow down after absorbing the energy.

Due to tachyon condensation, a single electron (which could explain the one-electron universe) could have the possibility to spawn from this if you think of tachyons as scalar waves being compressed in space itself due to (electromagnetic) gravity fields/plates.

And so, the idea that the speed of the tachyon is caused by vacuum bubbles swirling through the Universe — or even being present in the plasma of a black hole — is not yet swept under the carpet by some theoretical physicists.

But wait, it gets even stranger! Within relativity, there is an effect that is called "time dilation." This is one of the weirdest properties of the Universe, but it definitely exists. Space and time are somehow linked, leading to the term "space-time." As a result, the faster you travel through space, the slower time ticks, which is really a matter of acceleration.

It is generally understood that traveling forward or back in time would require a device, let's call it a time machine. But do we really need a device like a phone booth from the world famous TV series *Doctor Who*? Time-machine research often involves bending space-time so far that timelines turn back on themselves to form a loop, technically known as a "closed time-like curve."

To accomplish this, time machines often are thought to need an exotic form of matter with so-called "negative energy density." Such exotic matter has bizarre properties, including moving in the opposite direction of normal matter when pushed. Such matter could theoretically exist. But if it did, it might be present only in quantities too small for the construction of a time machine.

However, there are suggestions made that a time machine could operate without exotic matter and does not need to transport dense matter at all in order to get the message across. It all may seem pretty weird right now, but unless we start to pay attention to those faster-than-light phone calls from the future, our future will stay unknown to us even if is already set in stone

"All the world's a stage." Perhaps Shakespeare was more right than he thought. ◆

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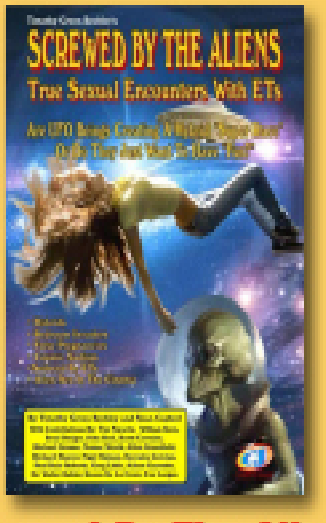

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THE SUMMER OF HELL
A True Story

By Nina Terribile

It was the summer of 1996, or as I like to call it "The Summer of Hell." I was 15 in 1996, and looking back I blame myself for what happened. After all, I've watched plenty of horror movies to know all the basic rules, but even then I ignored the most important one.

I was young and curious, and there was "something" in our family's house in Connecticut. So I decided to "play" with a spirit board by myself. And if that wasn't enough, while using the board, I chanted summoning spells that I found in a spell book written in another language. But ... nothing happened. Frustrated at what I thought was a complete fail of my experiment, I persisted on with this dangerous combo.

A few days passed, and things began to change. I started hearing strange sounds at home. And as each night went by, I realized an evil entity was present, and it was becoming more aggressive. Some call it sleep paralysis, but I know it was an evil force holding me captive.

I began to hear growling in my ears and voices whispering to me, calling out my name. I was terrified! I fought so hard to have just enough courage to open my eyes, and then fear would strike again when I would see a hooded shadow figure by my bed and shadow figures darting in and out of the wall while calling my name.

It got worse. It began to make physical contact. I felt it touch my foot!

It wouldn't let me sleep. It was as if it was getting stronger. I was so scared, and knowing it was my fault, I didn't want to tell anyone, especially my father. My family was religious and frowned upon occult practices. They had warned me about tampering with spirit boards. So I kept everything to myself because I was afraid of what my family would think.

I no longer felt safe in my own home, and every chance I got I tried to go somewhere else, hoping that this thing wouldn't follow me.

I distinctly remember several occasions where the evil did follow me. My aunt had asked me to stay with her and her family during the week to babysit my little cousin while she worked. I had fallen asleep one night, and something disturbed my sleep. I opened my eyes to the light above me flickering on and off. I immediately left the bedroom and fell asleep on the couch for the rest of the night.

This is the haunted house I lived in located in Connecticut during the "Summer of Hell."

Another night I had experienced the same exact thing; but this time as I left the room, I heard whispering coming from my cousin's bedroom, which was located right next to the living room. Confused and terrified, I started to wonder if it was my cousin whispering, only to find out later that day he was sleeping in his parents' room the entire night.

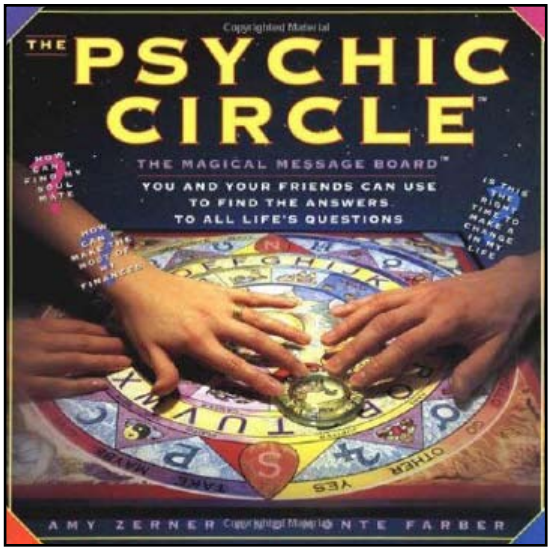
* * * * *

Without any real understanding of what was happening, I felt the evil pulling me in deeper. I became obsessed with reading from the occult book. I was with my cousin the first night I decided to pick up the book again.

Like a puppet, I picked up the book and chanted a summoning spell from its pages. Later that night, we heard animal-like footsteps walking around us in the basement. Then the fan suddenly turned off. Upon investigation, I noticed something had unplugged it.

All through the night, the sounds of someone walking around us continued. We huddled together that whole night. I finally realized I was not in control.

There continued to be sleepless nights in my bedroom; the feeling of being watched by someone or something was intensifying. One night, I was woken up to "something" pacing back and forth at the end of the bed, as well as the blinds being pulled apart by unseen hands. These occurrences went on for about five minutes, but felt like it lasted forever.


THE
PSYCHIC CIRCLE
THE MAGICAL MESSAGE BOARD
YOU AND YOUR FRIENDS CAN USE TO FIND THE ANSWERS TO ALL LIFE'S QUESTIONS
AMY ZERNER
NTE FARBER
This is the spirit board I used.

The activity eventually stopped, and with some mental persuading, I fell back to sleep. This activity became a nightly occurrence.

I wasn't the only one to witness something strange in the house. While in the living room one day, my brother saw a shadow walking up the stairs. He also heard walking back and forth in front of my bedroom door.

I knew I had to dispose of the board, and when I did, I heard a voice later that night say, "I will come back."

Eventually, we moved away and I began feeling safe again. The activity still happens from time to time. The last time I saw the hooded shadow figure was six years ago. My son was sleeping in a crib by my bed, and I was watching TV when the hooded figure walked in front of the TV and into a wall.

I realized later that while there had been paranormal activity in the house before I used the board, the evil that was haunting me wasn't originally a part of the house. I summoned it while using the spirit board, and it attached to me.

Today, my aunt and uncle live in the house. They have had some experiences as well. After my uncle's brother passed away, my aunt heard three knocks at the door, but when she open it no one was there. My uncle saw a woman going up the stairs. He thought it was my aunt but she was outside.

* * * * *

The above events were mentally and physically exhausting, and the effects of my experiences have stayed with me to this day. I'd like to tell anyone reading this article to always educate yourself with occult practices before doing them. I didn't educate myself about how to properly use a spirit board. You do not know who will come through a spirit board; as such, it's a very dangerous practice. I don't understand why they have these board in toy departments. ◆

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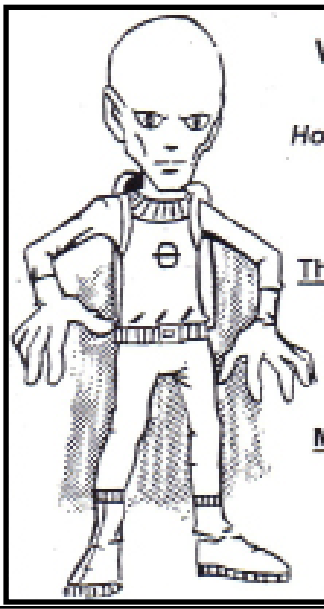
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'Shifter Mate Magic (Ice Age Shifters Book 1)'

By Carol Van Natta

Q&A by Michelle M. Pillow, MichellePillow.com

USA Today bestselling science fiction and fantasy author Carol Van Natta writes the award-winning *Central Galactic Concordance* space opera series and the new *Ice Age Shifters* paranormal romance series. She shares her Fort Collins, Colorado, home with a resident mad scientist and multiple cats. The mad scientist wants to go to the stars; the cats insist all books are greatly improved by the inclusion of cats.

Her newest book *Shifter Mate Magic (Ice Age Shifters Book 1)*, released May 15, 2018, and is available on Amazon.com.

* * * * *

Q: In your book, *Shifter Mate Magic*, Trevor, the hero, is a prehistoric Ice Age bear shifter. What inspired you to create such a character?

Carol: The idea spark of the *Ice Age Shifters* series came about from me reading an article about paleontologists in South America who were extricating the fossilized bones of an Arctotherium, a gigantic extinct bear from the Ice Age.

I remembered visiting the La Brea Tar Pits in Los Angeles and being glad I wasn't lunch for a sabre-tooth tiger or an American lion. I'd been wanting to write a new paranormal romance series about shifters. What if, said my sly muse, some rare shifters are actually throwbacks to the days of the megafauna, when mammals got really big in the Ice Age?

From there, I thought about how ordinary shifters would react to them. Since they are unique, Ice Age shifters have to look outside their pack, pride, or clan for mates, and sometimes even acceptance. It's not all about shifters though — my universe is also populated with fairies, elves, and other creatures of myth and legend, plus magical humans.

Carol Van Natta writes science fiction and fantasy. Carol's career has included being a singer, emergency medical technician, film production coordinator, corporate trainer, singing telegram performer, technical writer, and business continuity specialist.

Q: When world building, did you base your story off of known myths throughout history?

Carol: I actually prefer creating myths — finding interesting events in history and appropriating them for my purposes. For example, the Russia Tunguska event in the early 1900s (where trees were flattened for 2,000 square kilometers) was likely from an air burst from a meteoroid. In my universe, however, that's just the cover story; the

real cause was an all-out war between the polar fairies and their mortal enemies, arctic elves.

I have a similar idea about the cause of the "Little Ice Age" that occurred in the Medieval Warm Period that I plan to use in a future book.

Q: What myths or legends inspired you?

Carol: I'm a big fan of origin myths, because I think they're likely humankind's earliest storytelling. For example, Australian Aboriginal tradition says the Universe was sung into existence. I suspect we remember the origin myths best because we all like knowing where we come from.

I'm fascinated by Native and First People's cultural traditions and legends and do my best to represent them respectfully in my books. In an upcoming story in the *Ice Age Shifters* series, I plan to blend the North American plains legend of the Thunderbird with an Ice Age shifter.

Q: Do you believe in the supernatural? Or are you a skeptic?

Carol: I am pretty much a skeptic. I am the first to admit that we humans don't have all the answers, or even know the right questions to ask, but I'm a practical soul. I like the reliability of science and its ability to help us predict other events. I suspect this explains why I also write space opera (that, and because I was corrupted ... er, entranced by science fiction at a tender age).

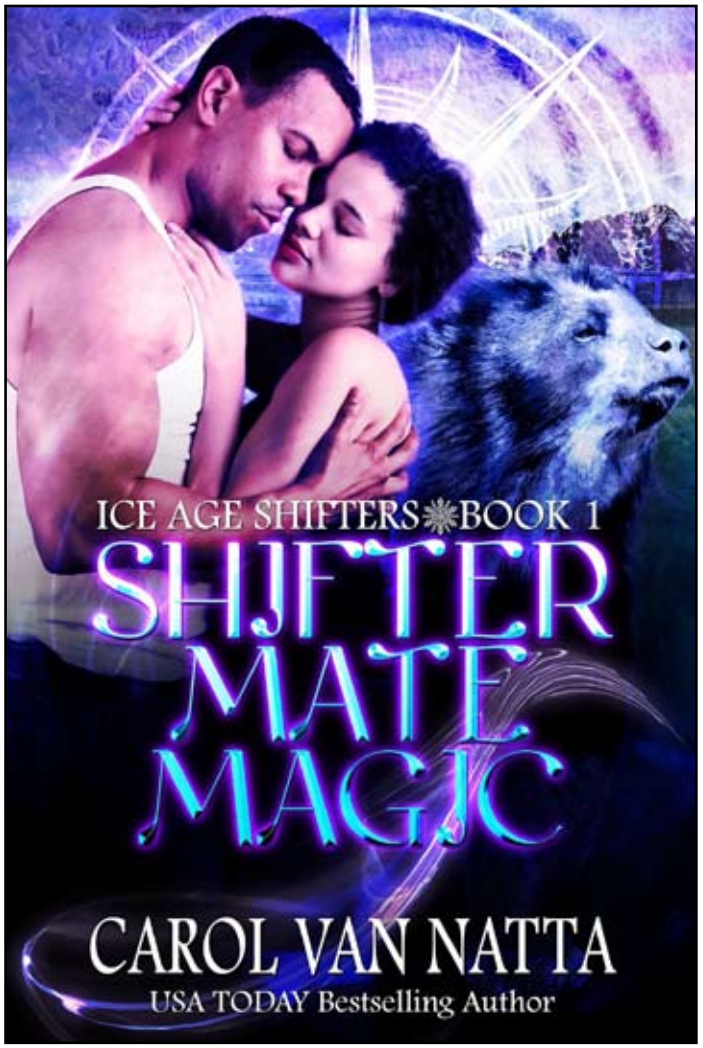
However, I am completely enamored of all the possibilities for magic, the creatures of myth and legend, and the power of thought and belief, which is why I also love to read and write paranormal stories. Imagination is a wonderful thing.

Q: What kind of paranormal creatures do you wish you could meet?

Carol: I would thoroughly love to meet any sentient, non-human, or extra-human creature (alien, shifter, vampire, tusked lizard creature from another dimension, elves, dryads, etc.), provided they didn't want to kill me, eat me, or use me for target practice. I love learning about other cultures, and non-humans would be fascinating.

Q: If given the chance, would you become an Ice Age shifter?

Carol: In a heartbeat! In my universe, shifters can live 500 years or more, and have extraordinary healing powers. They can also convert certain humans, which comes in handy if it turns out your mate is a human with shifter mate potential.



In *Shifter Mate Magic,* a lonely bear shifter meets his mate. She's running for her life and doesn't have time for romance ...

Plus, who wouldn't want to be a big lion, a big bear, or another equally amazing animal when you felt like it? I'd be willing to put up with hiding who I am and avoiding urban centers in trade for that.

Q: How feasible is a zombie apocalypse?

Carol: Realistically speaking, a zombie apocalypse is not very likely. Human bodies are comparatively weak vessels when it comes to sustaining damage. While it's possible for people to lose their minds, but not their appetites for brains, they'd be easy to kill, especially since humans are really good at killing each other.

We are far more likely to experience a worldwide pandemic like the one in 1918, with a novel virus out of nowhere and takes out great swathes of the population. No country on Earth is prepared for that, so it'd be a disaster almost as bad as a meteor strike — think Dark Ages on a modern scale.

→

Q: Most of your books are series rather than standalone, and you write in multiple genres. Do you ever get them confused?

Carol: My muse thinks in series. Even when I imagine I'm writing a standalone, my muse is coming up with the whole universe and the story arc to go with it. I blame my parents for the science fiction and fantasy, because they introduced me to it when I was young (intending to keep me busy one summer), and I never looked back.

My love affair with romance <snerk!> started in high school, when I and my friends wrote dreadfully bad but oh-so-fun Star Trek fan fiction. Now I blend them all, because the ideas are endless — like most authors, I have far more plot bunnies and story seeds than I can possibly write.

As to confusing them, I only get into trouble if I'm writing books simultaneously and have a looming deadline. My usual oopsie is reusing easily identifiable supporting character names in different books or series. If I were a better-organized author, I'd keep an updated list of all the people and place names I use in each book to prevent that problem.

Q: Introvert or extrovert? Does it help or hurt your writing?

Carol: Ambivert, actually — a little of both. I like meeting readers and being with people, and crowds don't bother me, though I'd hate to be in a riot. I also like time alone in the black hole under my house (most people call it a basement or cellar) where my office is, writing or plotting or playing with the cats. I believe any life experience and outlook helps in writing books.

Q: What jobs have you had or skills have you acquired that surprise people when you tell them?

Carol: I have been, at one time or another, a professional actor and singer, a security guard, a film festival director; a government contractor; a voice-over talent; and a caterer. People who only know me in one context, as an author, are often surprised by the other jobs.

I know and can recite the value of pi to 10 decimal places, a skill I use when someone unwisely tells me to ask them anything. ;-)

* * * * *

To learn more about Carol and her books, visit https://author.carolvannatta.com/. ◆

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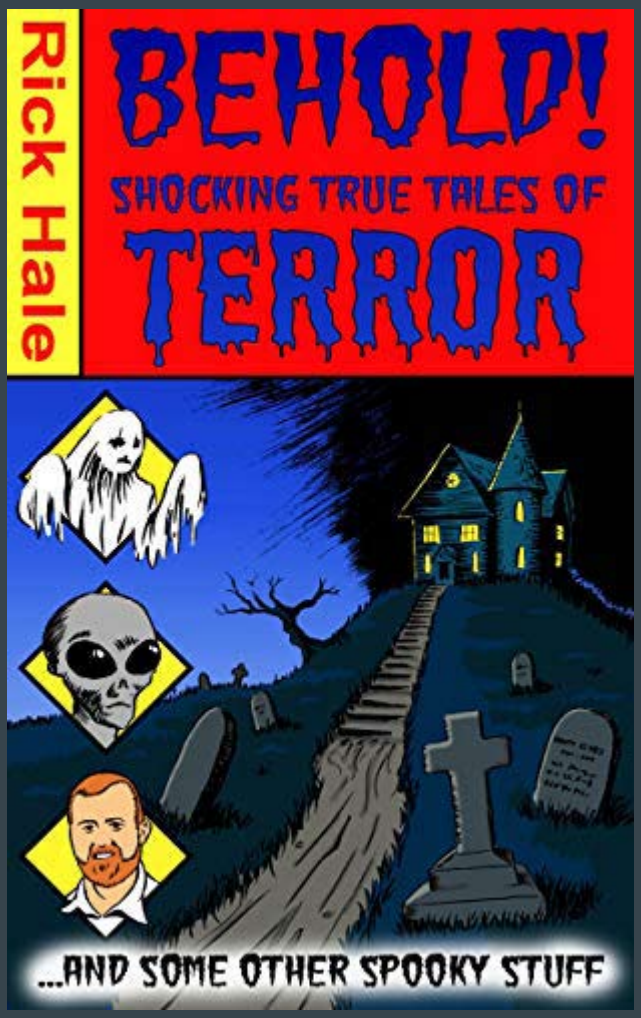

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